



# JUST LISTEN



# TO THE



# THUNDER

## A youth's guide towards Native American spirituality!

*(Elder-to-Youth dialog)*

*A teaching manual... presented by DJ Mackboogaloo*

*Dedicated to the Conscious Youth Global Movement*

*Based upon interview transcripts & write-ups on the traditional elder...*

***Rolling Thunder*** (Cherokee)



This book, a teaching guide, is written for all youth, ages 13–21, who have an interest in returning to a Nature-based spiritual path, which was the road all of our ancient ancestors, once upon a time, traveled upon. The majority of youth & people around the world, for various historical reasons, have been disconnected from their tribal roots & understandings. They have lost communication with Nature and the natural world. Without this communication, there are unpleasant consequences that must be paid in order for life to balance itself in harmony with universal laws & principals that oversee our own personal lives.

Some consider "God" to be the ultimate overseer. From a general Native American perspective, the "Great Spirit" is in command. It is from the standpoint of this book that guidance is always present, just listen to Nature; "Just listen to the Thunder!"

We give thanks to our traditional Native American elders (*like Rolling Thunder*) for sharing these teachings to the 4 Directions (*North, South, East and West*) at this time. Copies of this book may be made for distribution, provided that there is no fee involved. Donations may be accepted if the book contributes to the funding of organizations & individuals (*youth mentors*) that promote youth-elder spiritual consciousness. Aho!

*PS... Special thanks to elder, Ted Silverhand (Tuscarora) for passing me Rolling Thunder's personal interview transcripts & write-ups, given to him by Herbert P. Weiss, for the purpose of delivering RT's core messages to Youth Culture. This is a high honor and is being delivered with the highest integrity.*

-DJ Mackboogaloo

*Note: Rolling Thunder was a spiritual elder during the Civil Rights & (American Indian) Red Pride era. The "politically incorrect" generalized labeling of racial groups, such as "Whites" and "Indians", was very much present in RT's dialog, as well as other American Indian leaders at the time, which is reflected in this teaching manual (E-Book). Use discernment! RT and other elders of his time are also "traditional" & "old-fashioned"; and they liked to make jokes, which is also reflected in some "politically incorrect" language.*

*Note: DJ Mackboogaloo is of Northern European descent and honors his ancestral spiritual pathways. Native American spirituality put him on the Red Road. He is active with inter-tribal unity efforts and youth-mentoring.*

*DJ Mackboogaloo (Asatru) along with elder, Michael Bastine (Algonquin) have also co-written a free E-Book on the lost history of the Hopi/Iroquois-led American Indian Unity Movement (1950's–present), called "We Must Gather Our Nations Together" (Mad Bear and the Red Road of Spiritual Activism). Traditional elder, Mad Bear (Tuscarora) (Iroquois) was a close medicine mentor to Rolling Thunder.*

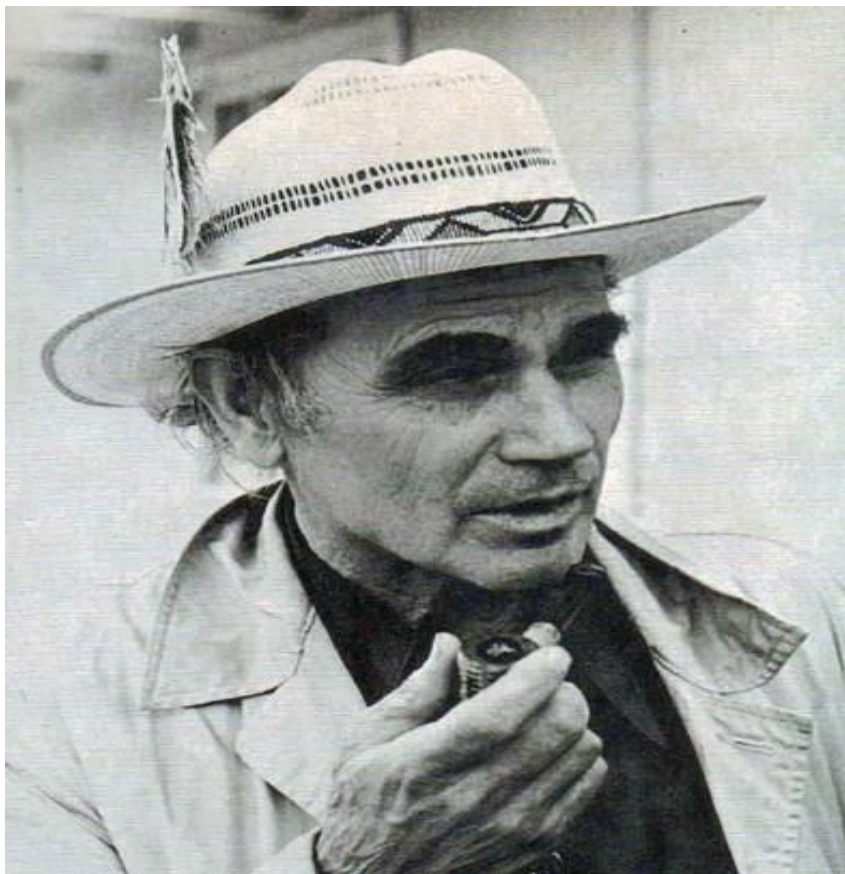
<http://americanindianunitymovement.com>

<https://archive.org/details/WEMUSTGATHEROURNATIONSTOGETHER>

## INTERVIEW BETWEEN AN ELDER & YOUTH

*Note: This Elder-Youth interview (dialog) is based on interview transcripts and write-ups on Rolling Thunder (1916-1997) aka RT. Actual words from Rolling Thunder will be in "quotes". The messages that this book is disclosing are time-sensitive & urgent.*

*DJ Mackboogaloo has not taken the time to credit, with the exception of RT's 1981 Mother Earth News' The Plowboy interview and his World Times newspaper contribution, the many individuals whose interviews & write-ups are utilized in this teaching material. He sincerely thanks the contributions of these people and believes that their contributions will live on through the lives of inspired youth (Thunder People) and the next 7 generations.*



***"I was born to be a medicine man." -RT***

**YOUTH (Age 17):** You have said, "I was born to be a medicine man." How did you discover the nature of your calling to be a natural healer?

***"The best healers would be born to be healers. It's just decided before one is born." -RT***

**ELDER:** Osiyo (*Cherokee greeting*) ... young man. It's a pleasure to be speaking to the youth these days, during these especially turbulent, yet exciting times. Please don't mind my frankness. I aim to awaken those that are sleeping. Shock them out of their slumber. I'm a little rough on people at times. All in good faith; in order to deliver important messages to humanity.

To answer your question... "It's true that being a medicine man (*natural healer*) is a role one is destined for from birth. You don't simply read a few textbooks or go to a special school and then start hiring out your services. It doesn't happen that way. You just know it's meant to be; at least you do if you're an Indian."

"Many people have asked me... how one knows that? Well, it's partly instinct, and partly the result of a deliberate search. Usually, a young Indian finds out his or her purpose in life at about 12 or 13 years of age. At that time, the youngster climbs to the top of a high mountain, or another similarly remote site, in some sacred area, and stays alone there for as long as three days while an older person waits at a distance."

"The searcher (*youngster*) carries no food or clothes, just a blanket, and spends the time fasting & praying. Eventually, a vision comes, revealing what he or she is supposed to do in life. Upon returning from the vigil (*alertness*), the young person describes the revelation to the wise elder. Then two go together to the medicine man so he can interpret its meaning for them. Finally, the tribe has a big ceremony to formally name the young person and reveal his or her life's mission."

"I learned my destiny through the events of my early years. You see, I was raised in eastern Oklahoma, in a range of the Ozarks called the Kiamichi Mountains. I've been told that before I was born, during my father's youth, those hills had all been Indian Territory, but the land was gradually taken away from our tribe and we retreated to the wooded areas to live. The Depression was on when I was a youngster, so we had to make a living practically with our bare hands, just as our ancestors had done. At about

the age of 15, I built my first house, a log cabin with a separate smokehouse and a corral for goats & hogs. I lived alone there for quite a while, and worked about an acre of land with a hoe and a shovel."

"Those were mighty rough times, but they taught me a lot about nature and about ways of living in harmony with Mother Earth. I learned how to forage for nuts, berries and roots in the forest, and how to catch fish by setting traps in the water."

I also taught myself to recognize all the local woodland plants (*herbs*), although I never got to know many by their English or Latin names. Instead, I made up my own labels for each one, and I learned (*sacred protocol*) how to use them for food & medicine." I reckon that today I'm fairly familiar with around 1,000 herbs, and know how and when to gather them so they will be most potent.

***"We learn from the animals, the Wild Ones... You can trust the wild animals, but not the tame ones." -RT***

I was during those early days that I developed rapport (*communication*) with plants & animals.

So you see, a lot of my early training took place during that period, and that education helped me once I learned that I was meant to become a medicine man."

Once I accepted my calling to become a medicine man, I sought the council of my elders (*medicine men*). They recognized that I, at my young age, was "special".

Throughout my life I sought out the advice & training of other medicine men, such as Frank Fools Crow (*Oglala Lakota*), Mad Bear Anderson (*Tuscarora*), Aminitus Sequoyah (*Cherokee*), Charles Bluejacket (*Cherokee*), and David Monongye (*Hopi*), who gave me instructions to follow.

I learned how to control the forces of nature and work with Snake Medicine. When I learned the "7 Sacred (*Life & Death initiation*) Ceremonies" of the

Cherokee, my people, my tribe, it was then that I really earned (*paid the price*) the recognition of being an authentic “medicine man”.

**YOUTH:** *That’s amazing!*

ELDER: Yes... it was quite a ride. Speaking of which, there was a time in my life as a young man when I went off the medicine path for a while. This was, again, during the Depression, once I left my log cabin and ventured out into the world. I nearly starved to death. I would ride the trains as a hobo, and would drink with my buddies. After conquering alcohol, I returned to my medicine training in earnest, while working on the Southern Pacific railroad as a brakeman; the 35-year career path I had chosen, a time in which I practiced Indian medicine in relative obscurity.

***“It’s a power that will come to you, which you have to honor; otherwise it can make you sick. Once you accept your calling, you never stop learning.” -RT***

**YOUTH:** *Going back to when you were a youth, when did you first become aware of, or “feel”, your ability to heal, your first initiation in other words... and where do you believe the power comes from?*

**ELDER:** “All I can say is that I woke up one morning, and this force was with me for the first time. I'd been doctored (*spiritually activated*), in my sleep, the night before by a sun god and his helpers; and when I awoke, I knew something was different.

In my dream, I saw a huge door swing open before me. Slowly, a shining golden portal came through the door. It was Quetzalcoatl, the half-man, half-feathered serpent mythic hero of the Aztecs. He danced through the door and merged into my body in a blaze of golden light.

I felt this great power within me. I woke up crying. I felt like I was on fire! For the next 3 days, everyone I touched received a strong shock, like touching an electric circuit.

"It was a force that contained the power of the Creator, or the Great Spirit, as well as the energy of the thunder and the lightning, and that of all living beings. But I had to learn to live with the tremendous force, to watch every thought or emotion I had, 24 hours a day. Since the force is so strong."

You see... it has a great potential for misuse, and it could really hurt someone if it were employed in a negative or destructive way. It's difficult for a healer to adjust to that new-found power. A healer needs much self-control; and overcoming temptation is necessary for great power."

We, every one of us, healers & non-healers, all have to learn to guard every thought, every word, and every feeling, since the power could use any such channel (*attuned person*) to affect someone in one way or another." It has been said that with great power come great responsibility. That is very much an accurate assessment.

"I believe the healing force contains the strength of the Creator, or Great Spirit, as well as the energy of the thunder and the lightning and that of all living beings. I sometimes also ask the stars or the sun to help me, or I may call on the great medicine men & tribal chiefs of the past. As a medicine man, I attempt to bring such forces together so they'll convey their healing power to the sick person."

**YOUTH:** *Do you remember the first time that you actually performed a medicine healing on anyone?*

***"The chiefs & medicine men couldn't eat until the others (the tribe) had been fed." -RT***

**ELDER:** Yes... "I was travelling through the country. I felt a strong (*intuitive*) pull to visit this little Indian Rancheria, down in California. I had known this old lady over there; and some of the people a long time. The old lady was highly spiritual. All the young people would listen to her."

"I went over there to visit again with this old lady. At first I wasn't going to stop there, but I had this strong pull to go over there to visit her. She was very sick; she was dying."

"All the doctors had left the room, and had given up. The house was full of her relations. When I walked in, they asked me to do something for her. It seemed like they all knew I was the one to do this thing to get her well. She was around 80 years old."

"The first thing I had them do was to take all the White man's medicine (*pharmaceuticals*) out of the house. Then I sat up with her all night. They assigned a young lady to help me, kind of like a nurse. All night long, I had to pray over this old lady, and do what I could for her."

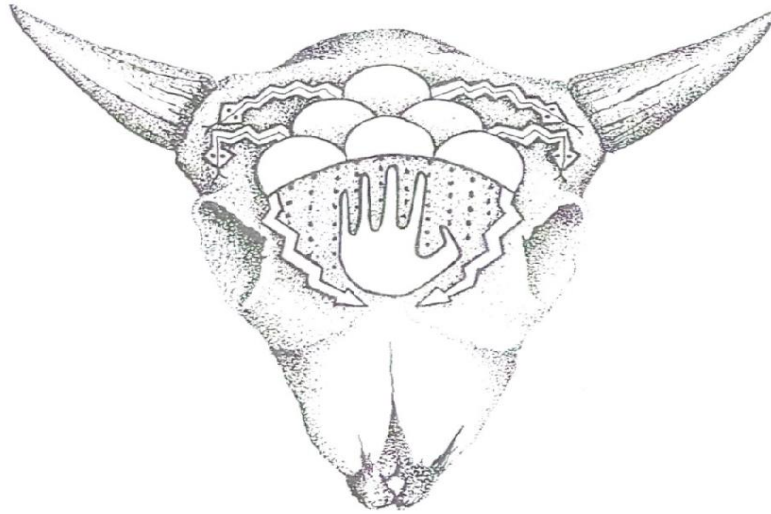
"Along towards morning, the blood started to come back in her veins. The blood had left her veins; they had turned purple and would stand out. So along towards morning, the blood had come back in her veins, and a short time later, about sunrise, she opened her eyes."

"I was standing at the foot of her bed, and she opened her eyes and smiled at me. The first thing she said to me was... 'Have you eaten?' A real Indian woman! I told her... 'No grandmother, I can't eat until you eat.' So the people in the other room, in the kitchen, they already had some chicken broth for us. She said.. 'I can eat a small amount.' They fed her the chicken broth, and then I ate."

"While I was eating, all the people from the other room came to where I and the old woman were eating. They came through and put their hands on my shoulder, and said... 'God bless you!'"

"The birds came to the window. One of them (*relative*) says... 'They are talking in our language.' Everything was happy. The sun was shining. The birds were there at the window singing, and the old lady got well."

"It was just something that was meant to be. I never did worry about it. I never did push for it. But, it's not like you're trying to be, or going to be, forcing something. I think in the White man's (*modern*) world, most people think that you have to take a course, and that you have to force your way in, whatever it is you do. That is not the way it is in the spiritual world, or in the Indian world.



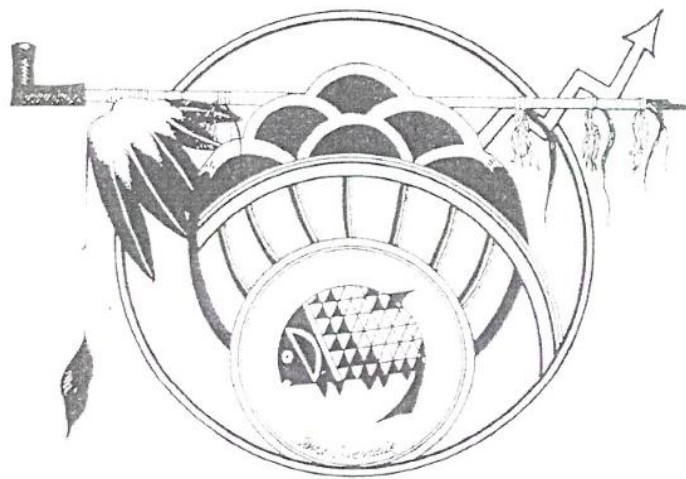
*Fun fact: Rolling Thunder is known for making it rain & thunder upon command. Speaking about an appearance at a theater in California, the local paper wrote, "It may be a coincidence, but last year it was a sunny mid-May day when Rolling Thunder spoke in Walnut Creek. As he left the Civic Arts Theater, rain and thunder began, ending within minutes after he left the city." This was a common occurrence with RT.*

**YOUTH:** *That's an amazing story! That certainly was confirmation that you were on the medicine path. What are some of the factors that can cause illness?*

**"I believe that physical troubles (sickness) all start on the spiritual level." -RT**

**ELDER:** "Any infection of the body has its roots in a spiritual impurity." Illnesses are the result of issues that originate at the spiritual level. These issues can even originate in past lives and effect future lives, even to the seventh generation, if the core issues are not addressed.

"Every case of sickness or pain is a form of payment of a debt (*karma*), either for some mistake in the person's past or for a future wrong. But that doesn't mean we're not supposed to do anything to remedy the situation." The medicine man's task is to find out what that debt is, and to learn how it can be repaid in another, usually less painful way." The task of the individual with a sickness is to "seek humility before the power of the Great Spirit".



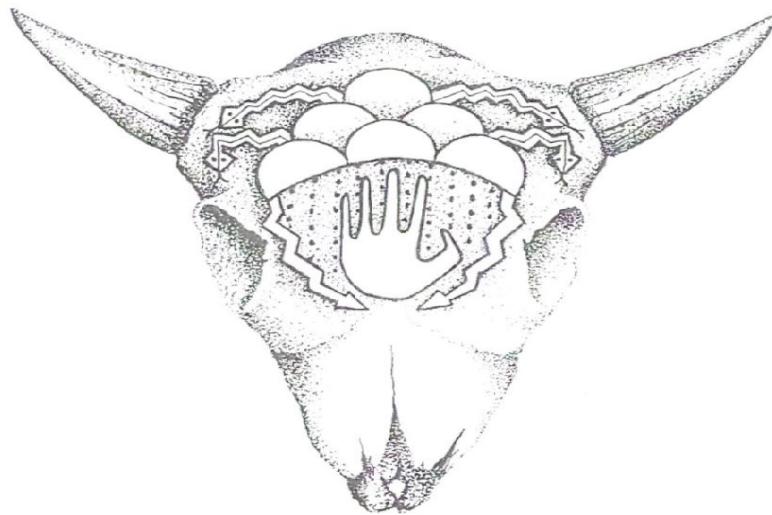
***"The first step to getting well is to be honest with yourself. There is a spiritual cause behind every sickness." -RT***

"On the other hand, sometimes a certain sickness or pain should be endured, because it's the best possible way to pay the debt involved. If such a pain is made to go away, the price may become greater in the long run. Anyone who is sick, obviously, thinks he or she wants to get well, but the person's spirit knows when it's right, or at least necessary to be ill."

"Some people I've met are not meant to get well." They haven't aligned themselves with the Great Spirit's power, and aren't ready to give up whatever it is they've been doing that has caused the sickness in the first place. I do turn down requests for healing on a number of occasions.

***"Disease, whether a psychological disorder, a physical malfunction, a societal aberration or an environmental calamity, has its origins on the spiritual plane." -RT***

"At any rate, what's happening to the body isn't the main problem, so true healing requires looking at more than the flesh."



*Fun fact: RT once agreed to conduct a healing ritual for a research group at the Edgar Cayce Foundation. In addition to curing three patients with documented medical histories, he treated a man who had severely crippled hands. However, RT first had to describe the individual's ailment so that the reluctant patient could be located in the audience and brought forward to be examined. After RT told the audience to look for someone with gnarled, twisted hands hidden in his pockets, the "volunteer" was found, brought to the stage, and cured of his handicap. When he was questioned later about the incident, RT explained that the sick man's spirit had come to him the night before the ceremony and insisted that he promise to treat the man, since the unfortunate individual wouldn't have the courage to come forth and ask for help at the meeting himself.*

***"You can't force a healing. You can't push it. All the factors have to come together at the right place, at the right time. There has to be the right element in it. There's no guarantee in life." -RT***

"When a modern M.D. examines a sick patient, he or she may see only the illness and not the person behind that ailment. If the doctor doesn't understand what the problem really is, yet prescribes chemical drugs so the person won't feel anything or finds some troubled part of the body and cuts it out and throws it in the trash, those actions are probably unnecessary. They certainly couldn't be called healing. As I've said, medicine men have to consider deeper factors in the course of treatment, so we always take many days to look into a case, and then we may decide not to accept it at all if we feel it isn't the correct time for the person to get well."

**YOUTH:** *Can you outline the procedure & techniques you use when you do decide to take on a patient?*

**ELDER:** "Well, most medicine men have their own peculiar methods & equipment, and it's considered a matter of pride that each one works out an individual routine and doesn't copy anyone else."

***"You can't copy another person's medicine. You get your medicine powers as gifts, one by one, slowly. They can be taken away, too, if you abuse them." -RT***

Of course, a new healer can watch another's procedure and get some idea of what to do, but the novice gradually develops the substance of a personal ritual, including the songs, prayers and chants that are used."

As a medicine person, I continue to receive dreams, visions, plants & animals that become my personal teachers. I'm always learning new things.

***"Spirituality does heal, but not entirely by itself. For a healing, one must bring together the spiritual, as well as the physical. All things become one!" -RT***

But back to your question... there are a "few general guidelines that apply to the methods of almost all Native healers. In the first place, it's best to conduct healing rituals in a natural setting, in the open air. If too many people started coming to my home to get doctored (*treated*), for example, it could be bad for my household. I've had trouble here before, when I've treated people with mental or emotional disturbances, with problems staying on in the house after the patients were relieved of them. My home is where I live & rest. I don't want negative forces hanging around."

Now, when it comes to doctoring people, "I never charge anything for healing. It's said, among our people, that if a medicine man sells his services or commercializes his ability in any way, he'll lose his power. I don't make any guarantees for my cures, either, simply because nothing is absolutely sure in this life. However, if a person comes to me with an open mind and an open heart, chances are good we can find the answer to his or her problem."

***"Peace of mind, and happiness too, has to be a part of any cure. I like to enjoy, right along with the patient too. I get a real good feeling when somebody gets well because of the Great Spirit's power." -RT***

"Basically, the Indian medicine man examines the patient closely, on both a physical and a spiritual level, to determine what forces should be used to heal that person. Then he calls upon the power of the particular forces that are needed, usually by means of prayer & special chants. I also like to use my hands a lot, mainly to transfer energy. You see, hands can serve to

transmit the energy that flows between the two halves of the body, negative and positive (*Yin & Yang*). It's really a spiritual force!"

***"A prayer is putting out good energy. It goes clockwise, in a circle, and then it comes back to the person who put it out. It travels in a circle and comes back, multiplied by seven." -RT***

"Prayer is a particularly powerful tool that medicine men employ in the course of healing. I believe that prayer isn't just a ritual to be observed in church on Sunday. It's a meaningful exercise that should be practiced 24 hours a day. It can be used to achieve incredible results."

"Prayers are not routine. They have to be original & sincere, from the heart. Do not try to negotiate with the Great Spirit. Just ask for your needs to be provided for. Don't tell the Great Spirit how to provide for you." Allow the Great Spirit to work for you.

***"If you're invited into ceremonies, change your language... The main thing to get rid of is 'I want!' The Great Spirit gives you what's good for you, not what you want." -RT***

"Long ago, when an Indian would shoot a deer with a poisoned arrow, he'd make an offering, a prayer for that deer. Then he'd cut around the place where the arrow had entered and throw only that small piece of meat away. Whatever poison might remain in the deer was eliminated, we believe, through the prayer ceremony. In the same way, it's my contention that it's possible to pray certain poisons right out of a patient's body."

"Herbs can also be used as helpers. I gather my own plant for use in healing ceremonies, but that's not as easy as it may sound. It's necessary to know where & when to look for the plants, and then, once you've located the necessary one, approach them correctly so that they'll yield their special

energy to you.” There are “protocols” for properly gathering herbs in a sacred way.

You should know the seasons. Pay attentions to the stars. I gather after the sunrise and before sunset, so I don’t disturb the plants while they are resting. Other medicine men have different protocol, yet similar in many ways.

***“I can usually feel their (herbs) presence before I actually see the plants, and often they simply appear when, and where, they're needed.” -R.T.***

“There have been times when I've gathered summer flowers while snow was on the ground. But that sort of thing happens only when the need for the herb is very great.”

***“Herbs have families!” -RT***

“I'm sure you've noticed that plants (*herbs*) usually grow in clumps. Well, that's because they tend to live in families or tribes, just as human beings do. When you want to cut off an herb's leaves or flowers, you should first pay your respects to the chief of the group by making a small offering.”

By the way... an “offering” is an organic item or substance of personal spiritual value, like tobacco, alcohol, precious metal (*silver*), a crystal rock, that you leave behind as a gift; as a sign of respect & reverence. You pray over your offering before it leaves your hand. Anytime you “take” from Mother Earth, always leave behind an “offering”.

***“The rule is (gathering herbs)... Never go beyond what you know, and to be guided by your own wisdom. Above all... Never do anything out of ego, or pushiness.” -RT***

"There are always two herbs that look enough alike so as to be confused with each other. They can fool you into choosing the wrong one. There are seven tests to pass in order to become someone who can tell the good medicine from the harmful twin."

***"When we gather our food... we are supposed to make an offering and a prayer over that food. When we gather our water, it has to be gathered too, in a certain way, and an offering made." -RT***

When collecting & gathering plants (*herbs*), "I use tobacco, or some item that's of personal value to me. Then you should communicate with the plant (*sing to it*) and tell it that you're going to take leaves from only a few of its tribal members, and that they're going to be used for a good purpose, for healing."

***"There is no such thing as a weed." -RT***

"I never harvest more than half of a medicinal plant's foliage, so it can continue to reproduce, and if I find a stand of herbs that consists of just one or two individuals, I always pass it by. Now, I know such precautions may sound silly to some people, especially those who think wild plants are nothing more than weeds. But to me, they're not weeds. They're living beings, and I respect them."

After digging up the roots, I smooth over the earth, to leave the ground looking undisturbed as well.

"Plants respond to loving & soft sounds. People are just the same. It is unwise to scream & yell at people. Tell people how good they are when they are sleeping, especially children. If you speak to them while they are asleep, and tell them how good they are, it will help them to grow up to be good people, rather than causing heartache & troubles. If people have delinquent children, it is because they didn't nourish them sufficiently when

they were small. For the Indians, it is said that as soon as a child can speak, he has the right to vote."

Speaking of people... "I'm also very careful about taking anyone along on my herb foraging expeditions. I have to know a person pretty well before I can let him or her come with me. There are all kinds of voices around that guide me to the plants I need, you see, and if someone else is busy asking questions, like... What does this herb do? Or... What's that one good for? I won't be able to hear & feel the advice given by those spiritual guides. Worse yet, if my companion is busy and confused in the mind, if he or she has what I call a 'civilized' confusion, then the plants we need will be impossible to find, even if they're right at our feet."

"In addition to using prayers & herbs, medicine men employ the traditional Indian purification ceremonies, which cleanse the body and help it maintain good health. In the old days, when all our people lived by tribal tradition, purification, in the form of visits to sweat lodges, fasting and other rituals, was practiced by everyone."

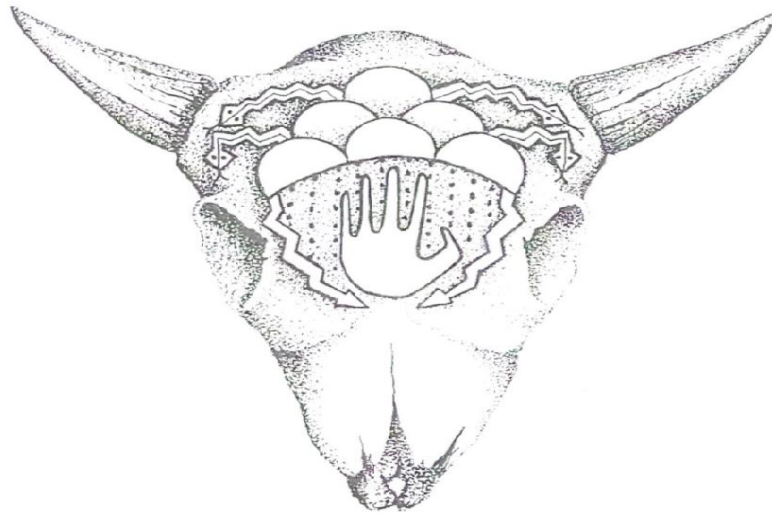
"While we're on this subject, I want to stress that what might be beneficial to one person probably isn't so good for someone else. It's said among our people that every race of humankind was given a certain medicine (*herbs & food*) that's good for them. But when you use the other fellow's product (*sacrament*), you can get into trouble."

***"By my training, with my pipe, the first puff has to be a good thought." -RT***

For us, Indians, "tobacco is a sacred herb that came from this land of America. It is used in our ceremonies. It's used in (*Indian*) medicine. The tobacco to us is sacred."

***"Smoking is an act of reverence & friendship." -RT***

Nowadays, the corrupt tobacco industry has put 21 chemicals into the tobacco to poison it and negate tobacco's spiritual aspects. That is a crime!



*Fun fact: RT believed that the stars represent great warriors that passed on. And one group, called Pleiades, have people upon it. And some of these people (Star Nation) migrated to Earth in ships without wings or wheels. Also, this group of stars is called the Seven Sisters, and one has 7 points. And this is where one band of the Cherokee came from. These people are tall & broad-shouldered, and usually lighter complexion than other Cherokee, and other Indians. They are called the Assaga. Aminitus Sequoya, the last great medicine man of the Cherokee, was one of them.*

**YOUTH:** *Yes it is! All this information is so mind-blowing. I wish more people knew about traditional healing practices. Your system of healing seems so natural & authentic. Do you have any additional comments on your personal healing protocol?*

**ELDER:** Since you asked, I will explain my process another way... "Some things are really hard to describe. I claim that 'I don't do anything', or I sometimes don't remember what I have done. A great power comes into me and over me. I often don't remember, but it is the Spirits of great ones gone on. I tell people my saints are Sitting Bull, Geronimo, Crazy Horse, Quanah Parker. These are the saints I call on when I need help. I always have to rest for a while after doctoring, cause I put out a lot of energy when I touch someone. They might feel a lightning bolt through them, or when I look at someone, I might think how kind they are, or beautiful or healthy."

Another thing... very important when it comes to Indian medicine... Always seek permission, from the local medicine man, to practice medicine when you are in someone else's territory. It's an act of respect! Although, there's not many traditional medicine around these days, unfortunately.

**YOUTH:** *So that is traditional Native healing (medicine)? How would you define traditional Native healing, in your own words?*

**ELDER:** Traditional Native healing "brings all the forces of life together; their power, the thunder & lightning, animals & snakes together as one in order to perform a purification of someone so that they might go free of the sickness or disease that plagues them."

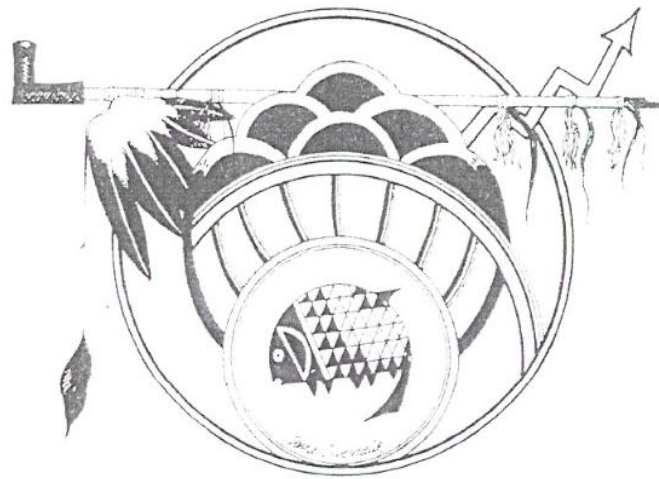
Real Native healing begins on the spiritual plane, then works its way down into the mental plane, and finally into the physical plane. Native healing treats the whole being.

**YOUTH:** *Why are Indians sharing their knowledge on health & healing?*

**ELDER:** "Because, the healthier the people are in body & mind, the better neighbors they make. That is the goal of the Indian people."

**YOUTH:** *Is all healing... spiritual healing?*

**ELDER:** "All healing is that's good is spiritual healing. I don't agree with some other things that they call witchcraft or bad medicine at all, because, even if they were to get a temporary cure or something, it wouldn't last, it would only be temporary, if it were from a wrong source."



**YOUTH:** *What are some of the ways in which a non-Indian, like myself, can purify him or herself, and achieve optimal health, without abusing tribal Native medicine or violating what is meant to be a sacred ceremony?*

**ELDER:** "There's an old Indian law that says 'moderation in all things'. I think that's the key to good health. I also recommend regularly cleansing the system in some way, either by careful diet or fasting. And it's important to eat wholesome, natural foods."

**"One mistake I see vegetarians make... they fail to recognize that those plants also have life. And like the Mother Earth, it (plant) is a living body, a living being." -RT**

Although that isn't easy these days, with all the chemicals & additives that are put into nearly everything we eat & drink. The answer, I guess, is to grow your own food so you can know what you're taking into your body."

Also, pray over your food; cleanse it from toxins, pollutants and harmful energy. Pray it out!

"We recognize that the preparation of food is a spiritual act. We are not only providing nourishment to our body, but also we are feeding the Spirit. Our attitude, our good vibrations, are thus of the utmost importance."

In fact... I've seen Eskimos "pray over a glass of water and make powerful medicine out of it. You can take a blade of grass and put it in the water, and then pray over it so that the water becomes medicine; powerful medicine."

"Fresh air & sunshine are, of course, also important to the maintenance of a healthy body & mind."

You will also see Native people eating meat, of all kinds. "It was put here by the Great Spirit."

If you decide to alter your diet, keep in mind that "it takes seven generations to accustom our bodies to a new type of food. If a person could trace their ethnic background far enough, they could find out what their (*ethnic*) healthy food is; whatever is their staple."

**YOUTH:** *Any suggestions for energy, re-vitalizing the mind & body?*

***"You don't need anything else to be high with. And it (Thunder Water) don't let you down later. Makes the most powerful medicine in the world... We live with Nature, and we don't struggle against it; and then it works with us, and for us. It gives us the energy that our bodies need, and the good medicine." -RT***

**ELDER:** For energy, I used to “drink thunder water; the rain that falls right after a lightning flash during a thunderstorm. That liquid is a potent source of permanent energy because it's got (*charged*) power in it, including the prayers of the storm god.”

It's difficult to maintain this practice these days with all the disastrous geo-engineering & chemical spraying (*chemtrails*) that is harming the precious air that we breathe.

“It's getting dangerous, and the prophecies are being fulfilled, being that they (*Powers that Be*) are poisoning the earth, the air and the waters.” The earth will eventually become unlivable, like it already is in certain areas, and on certain reservation lands.

But, I digress...

Let's not forget about the incredible power of the sun, too. “The strongest time of the day starts in the morning, when that sun rises. That's the reason we have ceremonies to the sun. One of the Great Spirit's most powerful emblems (*symbols*). When that sun rises it's supposed to be a new day, and all the cares, all the problems of the past are put behind us, and a new life; like waking up and the birds are starting to sing in the morning.”

Don't forget the importance of the moon, too. There's power in the dark of night as well.

“But, each day (*sunrise*) it means we learn more; we are becoming more aware. You know... you start to die when you stop learning, know it all, or you get in a hurry and defeat the purpose of being here.

Many people have stayed up all night at Meta Tantay (*commune*), our land, to experience & attend a sunrise service. It's magical!

**YOUTH:** *I can imagine it would be. Speaking of magic and the occult, how can one purify themselves, and get rid of harmful spirits (ghosts)?*

**ELDER:** It is my understanding that harmful spirits, in the form of ghosts... not all ghosts are malicious, by the way... “are those that have passed on, and didn't live a good life on this earth. They are caught up in between this

world and the world where they belong. And they have a job too. They come back to test people. The whole life process here on this earth is a testing ground. We are continually tested, each and every one of us, and every day of our lives. We are tested to see which one of us is going to live a good life, which one of us is strong, and which one of us is weak."

"A person invites these things (*sprits*) in. If you start to think about something and it is not good, and you know it's wrong, start to think about something else that's good, and so, block out the other (*thought*). What is it that you can think about? Think about flowers. Think about the Mother Earth. Think about nature, which is always pure. Think about the streams or a waterfall. Then, you will bring your mind back."

"You've got to block these bad ones (*spirits*) out in order to bring about any healing (*purification*) so you can become stronger. The mind, the human brain, is like a muscle to be worked. If you work this muscle, your brain, your mind power, in a good way, then it develops in a good way." This is the purification process of your mind.

Another technique to use, if you believe you are in the presence of a harmful spirit, is to make some noise. "Scream, holler... tell it to go away, or that you don't need it around. Pray loudly! Make any kind of noise. Usually they will leave because they are cowards. Such an experience is a test for most people. It is a way of separating the weak from the strong."

Using sage to ceremonially purify your house is a good idea. However, be sure to leave an opening, like a door or a crack in the windows, so the harmful spirits can exit, quickly. My good medicine friend (*mentor*), Mad Bear, once made the mistake of forgetting to open up a window in the attic while smudging with sage, and the next thing you know, an ear-shattering crash sounded, and the upstairs window burst wide open, with broken glass flying everywhere. It was a mess!

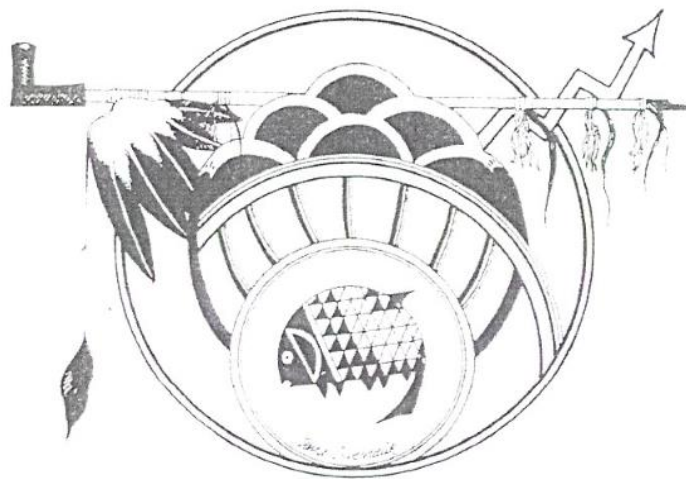
Oh... I almost forgot this too... "Surround yourself with true friends, brothers & sisters. Any person in life needs help, all the time. It's pretty hard to stand all alone, all the time." Seek true friendships!

**YOUTH:** *So what one needs, is some sage and some mental gymnastics. Got it! What conditions are needed for you to treat someone who has spiritual issues and is dealing with harmful spirits & sickness?*

**ELDER:** "If the conditions are not just right, and they haven't been prepared for me because of ignorance, or lack of respect... if there's women around on their moon-time (*menstruation cycle*) and babies around that might catch the sickness themselves... if those conditions for me to do this thing (*healing*) are not created, made available for me in a right kind of way, I might not do anything, because, it could be detrimental to me, as well as to others."

"These things (*spirits*) can jump from one person to another, along with the sickness; one and the same. So bad things could happen and mess up everything that has been done, so that it would have been done for nothing. In other words, a lot of good energy could be wasted just because somebody didn't understand, or was disrespectful."

The conditions need to be right! "I want everything clean & pure so that the good forces, or conditions, are established, so that the good forces, and healing forces, can enter in and feel welcome."



**YOUTH:** *One other "out-there" question, since we are on the topic of the occult or magic. What can you say about shape-shifting?*

**ELDER:** "Shape-shifting is OK in an emergency, and for a good purpose. It's not good to do for show, greed, or do too much."

**YOUTH:** *Hmmm... I see! Back to practical, down-to-earth questions... How would you compare the spiritual approach of a medicine man to the medications & equipment used by a so-called modern physician? Can medicine men work with modern doctors?*

**ELDER:** Typically, our "Native ways recognize the Spirituality of all things that have life, whereas, the 'Modern' ways recognize and see the value, and how much (\$) an item is worth."

But... "A big mistake a lot of people make is in thinking that a medicine man has to be in competition with modern medicine. I admit that there might be some modern doctors that might be in competition with medicine people, but we are not in competition with them. I know some good doctors too. I know of some places where there's medicine men and doctors working together."

"There is only one type of healer, a real healer, whether he is a doctor, medicine man, acupuncturist or whatever, and that would be the Great Spirit's healer." Our job is to keep the medicine at a high level, and keep it pure. No one should be making millions off of medicine, like Big Pharma.

And from my vantage point... "I think most Native healers look much further than does the average M.D., back to the original cause of a particular illness. In our Indian healing ritual, we take into account not only the patient's symptoms, but more important, his or her whole lifestyle. The medicine man has a way of understanding what is meant to be, according to an individual's progress & development. You could almost say that Indian healers carry portable X-rays, since they have to be able to see into the person, to analyze his or her sickness, and to discover what originally caused it. It's very important to look deep into the patient, deeper than the skin."

**YOUTH:** *Should a "non-Native", someone who is not American Indian, go to a Native healer for treatment?*

**ELDER:** If someone has solid religious convictions, whether that someone is a Catholic for example, they should go to a priest or a medical doctor. We, Indians, are told not to mix our medicine with others (*non-Natives*) if they cannot keep their thoughts pure and open to the Great Spirit. Religious convictions could muddy up the waters.

Besides, in today's world everyone wants to sue everyone. Take them to court. In Indian Country, "we don't have malpractice suits. In the old days, if a medicine man lost a case (*patient*), the family of that person could rock (*stone*) him to death."

"I don't have any credentials to hang on a wall. I don't have no legal practice at all. And, I also say that I don't do anything, and I don't. It's the Great Spirit's power! All power belongs to the Great Spirit."

**YOUTH:** *Have you ever shared your knowledge of holistic health with any modern day physicians?*

**ELDER:** Why yes I have... Doctors, psychologists, scientists, etc. It is important to have this dialog with anyone who is sincere in their practice of helping others. During the early 1970s, I was invited to the Menninger Foundation in Topeka, Kansas, so that "modern" scientific-minded practitioners there could observe my spiritual practice. To them I displayed "miraculous healing abilities", but it wasn't me, I get out of the way and allow the Great Spirit to do all the work.

Through author, Doug Boyd's book on my medicine path, which by the way I never read, and I was never given an opportunity to make corrections or deletions, first published in 1974, then re-printed 12 times in English and other languages, I was put into contact with many modern day physicians & scientists from around the world, and I traveled internationally.

**YOUTH:** *I will need to get a hold of that book. I'll look for it on Amazon. By the way... It's my mother's birthday next week. In honor of the women, do you have any health recommendation for the ladies?*

***"It said in our ceremonies, that the women were sacred, for they bring forth life... A woman's position in life was very highly respected." -RT***

*Note: Mature topic! Please read this elder's response respectfully!*

**ELDER:** Yes... and please pass on to your mother my birthday blessings... To all women I would recommend that you respect your physical being, your temple. Try to remain in touch with your body throughout the progression of your monthly cycle. Accept, with respect, the control over your cycle, exercised by our Grandmother, the Moon. With dignity, withdraw yourself from active participation in the community during your (*menstruation*) "moon-time".

When the Nature is cleansing & purifying your bodies, just know that's the time to diminish your presence, because you are discharging negative energy & toxins. It's important at that time, to bond with your Mother Earth, and her Earth matrix (*grid lines & sacred sites*). Center yourselves! Cultivate your own feminine inner-powers, so that they are not utilized in a careless manner, which could harm others yourselves.

Gratefully withdraw, to explore your relationship with the Earth Mother and the cosmic forces. Tune into your intuitive abilities. Thus, moon-time becomes a valuable time for purification, introspection, prayer and rejuvenation. It becomes a special time when the Grandmother Moon pays you a personal visit.

When the cycle is completed, you return to the community renewed to fulfill your particular strength of nurturing and the sacred act of child-bearing. These talents that you bring are the pillars of a healthy tribe and people.

***"When the men fall and start selling out, get weak & fall by the wayside, sometimes it's the women that take over and save the tribe & nation. It has always been that way." -RT***

Speaking of the tribe & women... "In the Indian society, how many children, who's married to who... who goes with who, and all that. That's up to the women. And who's related to who... or who's father or grandfather, way back there. That history's always kept by the women. And the older women in the tribe, they can always tell you who went with who, and for generations. And the tribal history... Everything!"

"They're (*women*) the ones that know that, and they're the ones that keep the tribe's history. And so, they're the ones that keep it. They keep it by word of mouth. They tell the stories over and over, you know, and it's never forgotten. And so, it's all kept. Our history and who's related to who... which clan... different things. All well kept!"

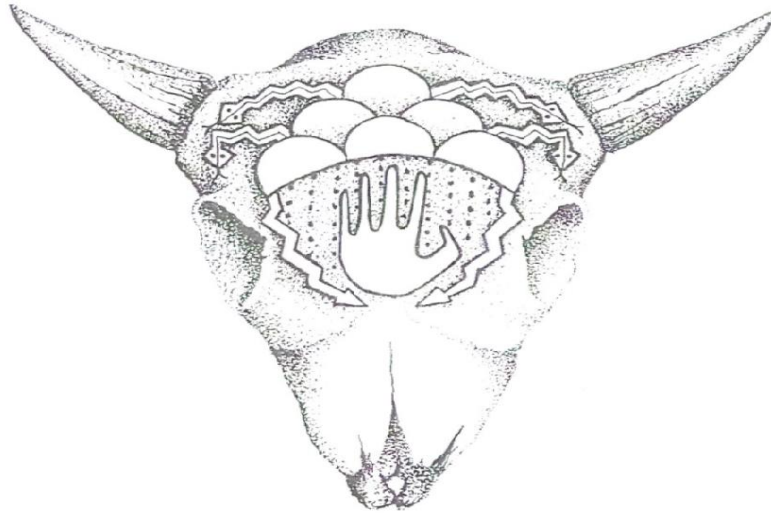
"And we, men, don't bother with it. And we have a different attitude too, even among the men. And we don't say this one (*child*) is mine, and that one is yours, and so on."

"In the Indian way too, we have no such language. No words for bastards, no words for step-children (*and no words for out-of-wedlock*). No! And that kind of language is not used here, not used here at all. It makes me angry to hear it, but I never have from my own people, or this camp (*Meta Tantay*). No such language ever used. Everyone is wanted!" There's a place for everyone!

**YOUTH:** *Right on... Rolling Thunder. I will pass that important message on to the ladies. Thanks for that!*

*I hear that you became quite phenomenon around celebrity circles in the past, like Bob Dylan, Joan Baez, Muhammad Ali, James Coburn, Candice Bergen, Joni Mitchell, the Grateful Dead, etc. You were the subject of a best-selling book and you even served as a spiritual advisor & script consultant for the motion pictures, and now cult classics, called "Billy Jack" and the "Trial of Billy Jack". These were both stories that you spun from your home in Carlin, Nevada.*

**ELDER:** It was a "trip", as the hippie youngsters used to say back then. I met a lot of great individuals while on my travels, people from all walks of life; all colors and nationalities. Fond memories!



*Fun fact: On Rolling Thunder's 64<sup>th</sup> birthday he briefly flew a six-seat Cessna airplane up into the air and, shortly afterwards, safely landed the plane without previous instructions on how to fly a plane. Rolling Thunder said, "It was quite a ride! I just put my hands on the controls and looked to the Great Spirit in the wind for guidance."*

**YOUTH:** *How did you acquire your Indian name?*

**"Dreams & visions are one and the same thing. It comes from the same places, and they come sometime as a warning, sometimes as a guidance to us. They should always be paid attention to." -RT**

**ELDER:** That too, was the result of profound dreams from vision quests; one of which contained the symbols & images that led to my name. It's a form of communication. Rolling Thunder means "Speaker of Truth".

***"Sometimes, we'll know where Mad Bear (medicine man) is, and sometimes we won't. Yet he can be reached. Medicine people reach each other in spiritual ways, in ways where there are no days or miles." -RT***

There are alternative forms of communication. "Long time ago, two Indians sat down when they'd meet; they' sit facing each other. Not a word spoken, but they'd have a conversation. After a while, one of them would get his pipe and extend it first to the other one. They'd have a smoke and continue on their trail. So it was that way everywhere, at one time. And some medicine men when they meet, they wouldn't have to talk either. And there's still a few, but not very many. But it's coming back!"

"It's coming back to us, to all people, where we will get to know each other. That's why we travel to find these Thunder (*Spiritual*) People, and get acquainted again. But not only with ourselves, but with the nature, the rocks, the animals, the birds."

"And it is said too, that in the last days, that those that went away, that they'll come back; even those huge animals and the dinosaurs, the thunderbirds and the great silver wolf. Those two are back, the great silver wolf has been seen, and the thunderbird in some areas."

"But it's a good sign! They're all needed, just like everything in this world is needed, and put here, and all of us, for a purpose."

"And that's why suicide is wrong, or they (*youth*) do it (*overdose*) with drugs or alcohol, or a car wreck, or whatever they choose, whatever from. It's wrong because we were all put here, and meant to be here, as a part of the whole of Mother Earth; and the trees, the nature, too, the insects and all the animals."

"It is said among our people, that when there's no more animals, then there will be no more people."

They tried to kill off us Indians, but we knew that we would come back; we would come back by the millions. "There would be some people reincarnated. And there would be some people originally spiritual. In other

words, they'd be the same, so that's why we (*Indians*) are here today. We travel around and talk to people wherever we go. And give them hope for the future. And that is good! It can be better. Ho!

**YOUTH:** *Wow... you said a whole lot there. A lot for me to process. But that's OK. I have a lot to learn. Let's switch gears and talk about the problems that have existed between the U.S. government and the Native Americans.*

**ELDER:** OK, let's do that! "Our religion says that the land, all of Mother Earth, belongs to the Great Spirit, the Creator, and that humans are only its keepers, or trustees, who are allowed to live on the soil and cultivate it. So we don't think we own the land, and we certainly don't believe that anybody else can own it either. We say there's room for everyone if we all share as brothers & sisters." But the U.S. government decided that it could take the land from us, and that we could then be assigned to certain places to live.

"The treaties that sent Native Americans to specific reservations were supposed to be in effect for 'as long as the grass grows, and the water flows.' The boundaries of the areas were well laid out over a hundred years ago. Most of those reservations, by the way, are on land that's all but unsuitable for agriculture. Much of it is high, dry and cold. At the time that the treaties were made, the U.S. didn't mind giving away such undesirable land, but now that coal & uranium have been discovered in some of those areas it wants to take away what little territory we have left. The lawyers, sent in by the federal government, are trying to say the 'eternal' agreements are no good anymore, and any Indian who tries to fight them is likely to end up in jail."

**YOUTH:** *Can't Indian leaders take some sort of legal action against such injustices?*

**ELDER:** "No, because as far as I can see, there really is no justice under the laws on the reservations. Off the reservations, a pretense of some kind of trial is occasionally made, but even then our people have no legal

representation whatsoever." For instance, I know of lawyers in small towns of Nevada that are often 'bought' by the big ranchers and the mining interests. "Most of the attorneys don't care about poor clients; especially Indians who are usually the poorest of all. And if the lawyers aren't independents who were bought out, they're sometimes actually appointed by the government. That's unique, I think, for a person's lawyers to be picked by his or her opponent, but we don't have any choice. Our people are dragged into the courts, and then they have to endure something that's more like a stage farce than an actual trial."

On the reservations, "there are rigged elections to get the 'right' Indians into positions of power on the tribal councils." Once they're in office, these sell-outs agree, I call them 'Uncle Tomahawks', to whatever the government wants. "They'll sell the land for a few cents an acre, give away our oil rights and hunting rights, and so forth. So the Indians get cheated out of their land, and if any traditionalists (*traditional elders*) decide to fight, they're ridiculed, put in jail, or worse."

Furthermore, to add insult to injury, Indians are denied access to authentic traditional education, or any proper education by Western standards. That's a problem! You see... An educated people will not easily sign away land, mineral or water rights.

"I'm a radical! I'm not a communist, and I sure as heck haven't been a capitalist. I might be considered somewhere in-between. I do believe, very strongly, in the old tribal ways. I do believe in the family. The first loyalty should be to the family. The second loyalty should be to the nation or tribe; providing that nation or tribe is doing the right thing."

"In the old days, if one tribe or leader wasn't doing the right thing, then the Indian was free to go over to another tribe and join it. You could make these changes. It's getting to the point now, where it don't do you no good to change your location."

"If you come to this area, you'll find open-pit mining & poison everywhere. If you go other places, it's even worse, like Los Angeles. It's an unnatural situation down there. And there's going to be a lot more. I've seen it; and not only in Los Angeles. There's going to be a lot of homeless people with nowhere to go. You can't go back out to nature; the food plants and other plants have been destroyed."

***"It said in our prophecies that they will destroy everything that has life. They will foul the air, the water and the oceans. Everything they would touch, they would pollute or destroy." -RT***

**YOUTH:** *You're right about that! I have heard about your political activism. Can you tell me more about that?*

***"A warrior must be a warrior for peace. A warrior doesn't have to have a gun, because you can learn to pray, you learn how to sing in a right way, you learn to overcome sickness. And that in itself is a warrior for peace." -RT***

**ELDER:** Well... I consider myself to be a warrior for peace. "I want to tell you what it means to be a warrior in the Indian way, and it is nothing dishonorable at all."

***"There's more power in one lightning bolt than the first atomic bomb they dropped on Japan. We've got people who can bring down the lightening at any place at any time." -RT***

"To be a warrior... means a man who can stand on his own two feet and provide for his family, or take a bullet in the back if necessary, so others can live. And there's been many Indians that did just that, and doing it today, so that the rest of the people can live; and the women & children especially."

***"There would be no wars actually, if there got to be high-enough level spiritual people." -RT***

"That's what it means to be a warrior. It don't mean that you have to go into someone else's country and destroy their country over across the ocean. It don't mean that you have to destroy the Native people of their way of life. That's not a warrior! It's something else."

***"Four of our spiritual warriors would be able to destroy a great city with no weapons in their hands." -RT***

Me... myself, I am militant; however, I don't carry a gun, I carry a feather. I'm a Spiritual Activist!

***"There's more power in an Eagle feather than a man's fist. So it's not like we are a defenseless people. But the more power you have, the more careful you have to be." -RT***

**YOUTH:** *I've never heard of that.*

***"Our spiritual way of life... is a way of action." -RT***

**ELDER:** I would define Spiritual Activism" as heart-centered, non-violent, "direct action", of a spiritual origin, supporting causes that are of great service to others.

***"Spiritual force is much greater than the force of physical violence." -RT***

**YOUTH:** *By saying "direct actions", are you referring to boycotts, protests, demonstrations, strikes, etc.?*

**ELDER:** Exactly! I've participated in numerous political activities during my time, such as coming to the aid of our brother & sister activists of the Pine Ridge reservation during their standoff with the U.S. government at Wounded Knee in 1973.

I even had the privilege of being a spokesperson for Frank Temoke, traditional chief of the Western Shoshone Nation of Indians. "He was not in favor of the cheap government sell-out called 'Indian Claims', or giving the land to state or county. In fact, he reaffirmed the sovereignty of the Western Shoshone Nation of Indians many times. He was always concerned about the future of his people." That is Spiritual Activism!

***"The trees have spirit! When we follow these crews around chaining the pinyons (trees), I hear them (pinyons) crying & screaming, when they're toppled over. It's powerful!" -RT***

We have been especially vigilant in fighting against the Bureau of Land Management's systematic destruction of pinyon trees on Shoshone Indian land. The nuts from the pinyon trees have always provided our people a good source of protein, which kept us strong. The B.L.M. were using massive chains, placed behind one bulldozer or between two bulldozers, to literally pull the trees, along with their roots, and all surrounding habitat, out of the ground.

There are a lot of issues that need to be addressed in Indian country. The "continuing outrages perpetrated by the U.S. government on Native

American people" has to end. "We want to see a stop to the lying, the treaty breaking, digging in our graves, stealing our young children and sterilization of our women."

**"One of the old Indian laws says... word of honor is sacred." -RT**

**YOUTH:** *I hear that you once made an attempt to speak on Indian & environmental concerns at the United Nations in New York City. What happened there?*

**ELDER:** I'll skip over the part in New York City, when I went for a brief walk for exercise and got attacked on the edge of Harlem. A shadowy figure walked up and hit me from out of the blue. It didn't hurt. It broke his wrist, I think. He was preparing to strike again. I then stepped in, but something strange happened. He slipped and did a flip-flop on the pavement and knocked himself out. I never took no course in Karate in my life. "I always think about what's to be done, or something like that, and it seems to be that it happens.

But, speaking about the United Nations... We made it up to the U.N. headquarters and "they threatened to assassinate me at the gate. Mad at all of us. And me in particular for some reason I didn't understand. I knew that wouldn't happen. They could get me any time they wanted. They wouldn't have the guts to do it there. They wouldn't want it to happen there anyway. It would be kind of messy. Bad publicity!"

We got in the United Nations all right. And they wouldn't let the Indians talk. They let all the other religious leaders of the world talk. That's what it was supposed to be... a (U.N.) spiritual conference. Just (*spiritual*) leaders of the world. And they all got to talk. Jewish & Muslim... talked very nicely, and they made some good thoughts too. And the Christians... different ones, and the Buddhists. And they were all there, and they all got to talk. Except two groups... The American Indians and the Tibetans."

"Now, you tell me why they ran out of time. We didn't get to deliver our message. A little bit that could have been added to bring about world peace; to put together with all the others. They missed the boat! Just like they've been missing the boat ever since they've (*settlers*) been here."

***"If you want to learn about the way of life (Red Road) that's right for this land, the only ones who can teach you are the traditional Native people." -RT***

"We, Indians, were the ones that know the law of this land. We don't even say we own this land. We know we don't, but we are the caretakers of this land. And we have the knowledge of how this land should be taken care of. We are have a function to fulfill; our purpose in this life."

"The main thing you need is Indians still living in this area, because, wherever there are still traditional Indians living, there'll be one who knows the laws of this land. Nobody else will know the ceremonies. We had ceremonies to keep things in the proper order. But now, because no one has ceremonies, there are floods, strange weather patterns. There will be droughts & famine. The ceremonies kept things in the proper balance. "

"But, other people (*Thunder People*) can help put things back in order too. There'll be ways, when the time is right. They will be shown!"

Once balance is restored, the old ways will return. In those times, in the Indian way, we had no need for a Criminal Justice System. "In the old societies, there was a place for everyone, unless they committed some real bad crime. That did happen once in a while. Then they were expelled from the tribe. They had to go out and live alone; all by themselves. That was the worst punishment. We didn't need no jails, didn't need no reform schools, orphan homes or old people's homes. Cause everyone was wanted; everyone was care for."

**YOUTH:** *It would be great for that to happen nowadays. Do you feel that there's some hope for reconciliation between White people and traditional Indians? I'm thinking specifically of the ancient Hopi Indian prophecy which*

*says that the sons & daughters of the early American settlers will one day begin to take an interest in Native culture, and from that first receptive generation will come true "non-Native" friends. Hasn't this begun to take place in recent years?*

***"You will see many youth, who wear their hair long (hippies) like our people, come and join the tribal nations, to learn our ways and wisdom. -8th Sign (Hopi Prophecy)"***

**ELDER:** "Well, before we go into that question, I'd like to clear up one common misconception; that the Indians blame all their suffering on White people. Long before Europeans ever appeared on this continent, you see, we were told by our wise men not to accept the newcomers' ways. However, a lot of Native Americans did adopt the lifestyles of the 'invaders', and that's why we're being punished today. It's been mighty rough for our people, but we don't blame the Whites for everything that's happened."

"Indian wise men tell us that it's up to the good White people to correct what the bad ones are, and have been, doing. You see, we look upon the situation as not an Indian problem, but as the White people's problem. There are things that are being done by your government that we feel most citizens don't even know about. It will be up to your people to find out what's going on, and then do what they must do in their own way."

"I really hope that we can bring together our two peoples, and that's our goal here at Meta Tantay (*commune*), where an almost equal mixture of Indians and non-Indians are living together. The name of our desert camp, by the way, means 'to go (*walk*) in peace', and that's what we're trying to do."

***"A day will come when children of the White man... dress like Indians, with long hair, beads and headbands. Then will come the first non-Indian friends. -8th Sign (Hopi Prophecy)"***

Anyway, until the 1960's, "I didn't know any White people who were really interested in the Indians, and who would want to share with us as brothers & sisters. At that time, though, the young people started to come to us, just as the Hopi prediction said they would."

***"The prophecies (Hopi) were that we would someday find our White brothers. But they weren't to be the people who signed the treaties and pushed us off our land." -RT***

And since then I've met hundreds of thousands of White people, both young & old, who are friendly toward us and tolerant of our ways. So I'd say that the process has just started. At least I hope it's started, because we're all (*Native & non-Indians*) going to have to work together to clean up this world and make it livable before it's too late."

**YOUTH:** *We really do need to work together... everyone.*

*It must be painful for Indians, who in most cases, have traditionally tried to live in harmony with nature, to see the large-scale devastation of the earth by careless people who pollute the air, water, and soil around us. Is it too late for the planet to recover?*

***"All pollution in the world starts in the minds of 'modern' man. When we get too 'modern', we lose our intuition about ourselves & nature." -RT***

**ELDER:** "It won't be easy. This land was all pure at one time. The whole country was clean; the air, the water, everything. Now there's hardly a safe place to swim, much less any water fit to drink; and the air is filthy, too."

"It's my belief that most of this pollution comes right from people's minds. If someone invents a machine, for example, and has bad thoughts and filth

in his or her mind, then the machine will reflect that condition. It will be imperfect, it will smoke, it will pollute, and it won't be in harmony with the earth. And when you start pollution in one place, it spreads all over in the same way that an illness, such as arthritis or cancer, spreads through the body."

"As I said before, Indians believe that the planet is a living organism, that it's really a higher individual who wants to be well, just as humans do. The earth is sick now because it has been mistreated. And some of the problems that may occur, some of the disasters that have been predicted for the near future, are only natural re-adjustments that will have to take place to throw off the planet's illness. Just as we drive germs or poisons from our bodies by fever or by vomiting, the earth has to get rid of this sickness that envelops it by resorting to its own physiological adjustment process."

***"The word, RESPECT, is more than just a word, a concept or a thought. In the Great Spirit's way, respect is a way of life. -RT***

"In order to learn proper respect in the Native way of life, one needs to develop the proper attitude toward all things in life." "So people have got to begin practicing a greater respect for the planet, and for the Great Spirit that is in all things; all the creatures and the plants and even the rocks and the minerals. Respect is more than just a feeling or an attitude, however... It's a way of life!"

***"We do have discipline (at Meta Tantay), but I prefer the word, RESPECT." -RT***

"Understanding begins with love & respect... All things, and I mean all things... have their own will and their own way, and their own purpose. This is what is to be respected!"

***"Every thought, twenty-four hours a day, should be a prayer. This is what my teacher taught me." -RT***

This way of life, "this proper attitude develops gradually by watching one's thoughts 24 hours a day. The ancient ones knew this, and how to heal with the mind, so begin to heal yourself by correcting your thoughts to be prayers, and you'll be making the first step towards helping the human community become healthy."

Let's delve into this subject matter deeper... "The spirit, or way one does things, can daily reflect one's attitude & respect about many things." Every day duties can be seen as things done as parts of a circle of life. Each part is just as important in fulfilling that circle.

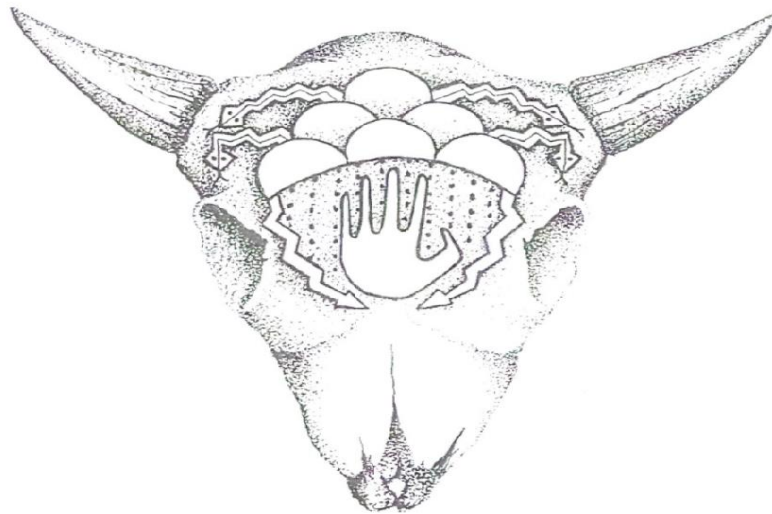
"Proper respect, proper attitude, proper thinking, takes heart, faith and patience. One needs to slow down and to go about things in a thoughtful way. The more one does anything with the proper spirit, the more one understands from the heart. And, as one understands from the heart, one knows the true meaning & importance of one's thoughts, one's attitude and one's respect in all things."

***"Love the earth, treat it gently, and it will reward you." -RT***

We should never forget our obligation to ourselves and our environment, and never neglect to carry out that responsibility.

***"If we were to put our minds together... there wouldn't have to be volcanoes blowing up underneath you, to shake you awake." -RT***

We've all got to overcome our egotistical belief that humans are somehow better than the animals and other forms of life. Our race is just one more element in nature. We have no right to dirty up the planet with our trash. Therefore, the cleansing of the earth, as you can see, starts with the cleansing of our minds. We'll have to clean up our own spirits before we can start cleaning up this land.



*Fun fact: Regarding Spirit, RT would say "Spirits are in all things that have life... You can even put good vibration (or healing energy) into an inanimate object, like a rock, or an automobile. I knew of one case where this young lady's car was going to pieces. A good friend of mine, Mad Bear (traditional elder), tossed some tobacco on the car and it ran good, for a long time... I have seen many cases, and I have done it myself... It can be done with a crystal, or a rock or any object (wood)."*

**YOUTH:** *There are Hopi Indian predictions & prophecies of an approaching world transition called the "Day of Purification". It sounds like you believe that this is the process by which the earth will throw off its sickness & impurities? What is your vision of that event?*

**ELDER:** "Yes, exactly... Well, I know that this great transition is very close; although unlike some foreign gurus who claim they know the exact day & time, I can't say exactly when it will occur. It is predicted that there will be some warning signs, though. Just before your next world war breaks out, for example, one-third of the sky will light up red when the moon rises. It's also said that the sun will reverse its course, rising in the west and setting in the east. Of course, there have already been some other unmistakable signs of the earth's unrest and of its attempts to right the imbalance, such as frequent earthquakes (*and tornados*) and volcanic eruptions."

***"It's possible to read the future, as well as the past, by just looking and knowing how to interpret the messages (signs)." -RT***

"Such natural signs are setting a pattern, and they'll only increase in severity and frequency as the Day of Purification approaches."

***"According to our prophecies, the Sun would rise in the West and set in the East (pole shift), when we go into the last days." -RT***

"I've had visions of the coming planetary cleansing, and it's truly a horrible thing. Unlike the natural disasters of the past, which involved either fire or water, this upheaval will involve both fire & water. Cities will be reduced to rubble, and most of the few survivors will turn on each other violently. The whole thing will take some time, though. There'll actually be 40 years of purification, four decades of the earth's vengeance upon those who have harmed it, with much destruction and much terror, many storms & wars."

***"Prophecies say... we'll be building the pyramids on their ruins, and it won't be very long. And that's not a wish, because we don't wish bad luck on anyone." -RT***

I, personally, wouldn't want to be living in an urban metropolitan area during the Day of Purification. "There'll be a famine starting in the cities, no food in the stores, and those people (*living there*) won't know what to do. It will be a complete breakdown of their society, their way of life... or way of death (*toxic living habits*)."

"But we know that there will be some areas preserved for those men & women, Indian & non-Indian, who have kept themselves and their lifestyles pure. The other survivors will all come walking out of the cities to converge on the 'safe' places. We know that the first ones who arrive will try to buy their way in. But of course their money will have no value, and many will have to be turned away."

**"Our (*Indian*) tipis & wickiups will be standing when yours (*modern homes*) are shook to the ground." -RT**

"It's said that there will be a way of knowing who has a good heart, who is true and who isn't. Moreover, once those people who can work together have gathered, they'll be capable of sharing in a way never before possible. They're going to be able to accomplish things that we cannot do, and get along with one another. Obviously, we've all got a lot of work, and learning, to do before that time comes. I think our main concern now should be preparation for survival, and that's why I'm so involved here at Meta Tantay (*commune*) with growing plants & raising animals."

You know... "There was a great flood, just like in biblical history. Out there in the (*Black Rock*) desert, you can see the water marks high on the mountaintops. But we know, before that, there was a time when the Earth was destroyed by fire, heat and volcanoes. The next time, it will be by fire & water both... The Earth will tip causing climate changes, according to our teaching. This has happened before too. It looks like there may be a lot of destruction."

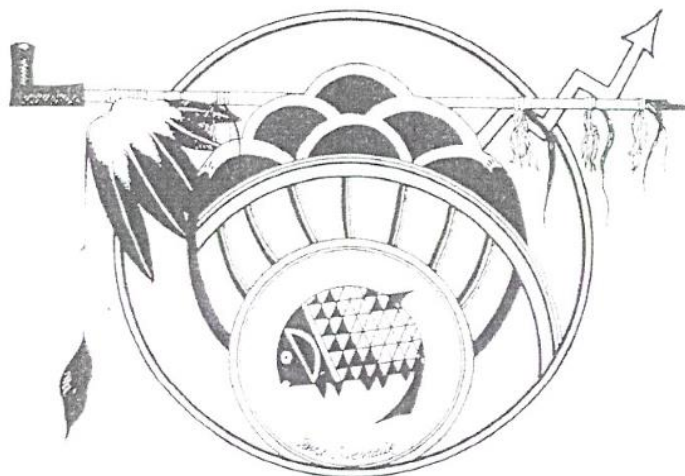
**"The Earth carries us, and she doesn't complain. Now, we're hurting her really bad." -RT**

"But, the Earth is giving us warning signals. I've seen it! Mother Earth is starting to die. I've seen lakes in Northern Sweden, up close to the Arctic Circle... beautiful country, large forests. But, the lakes are dead because of the acid rain. The acid rain came from England and the industrial countries... Even the trees are dying... Now, anything that affects Mother Earth, also affects the people. That shouldn't be too hard to figure out. If it affects one, it affects all!"

***"It is said that when the tree can't grow, when the animal can't live on this land, neither can human beings." -RT***

Keep in mind... "All prophecy is subject to change! By knowing ahead of time what will happen, we can help. We don't set a date by anything, because we like to think that the bad things don't have to be. And we do have the power within us, that if enough people think about the good things coming into being, then they will come into being."

***"The healing of the individual can set on track the healing of the world." -RT***



We do play a role in this! Human consciousness has an impact, and can alter whatever has been predicted. We just have to change our thinking. Heal the individual; heal the word.

If the Earth can carry us and not complain, then “we should all take a lesson from her, and try to do our part the best we can and not complain; because when we do, that creates all kinds of other negative energy that goes into each other and goes into our Mother and out into the Universe.”

“This little planet that we live on... we’re not just here by ourselves... everything that goes on here affects everything that happens in the whole Universe. All your grouching (*grumbling*) & complaining, and all mine, and everybody else’s, everything we put out, sometimes bad & negative, the Earth feels it, and it’s our job to remember that.”

***“A bad thought travels in a circle too... it goes counter-clock wise and comes back at the starting point (multiplied by 7)... What you put out, you’re going to get back.” -RT***

“It is a sickness that the Mother Earth is going through now.” The people’s thinking has created the toxins that have poisoned her, and we are feeling sick as well.

We are also destroying, or building construction over, the Sacred Sites and disrupting the Ley (*grid*) Lines, the planet’s natural, electrical current (*acupuncture*) system. That is not OK with our Earth Mother, and she will let us know it, one way or another.

For example, we have these sacred hot springs in Nevada. “Non-natives” love them, but the electric power plant companies found out about them and have greedy plans for them. “Old timers (*Native elders*), they used to come down and soak in the mud of the hot spring, and soak out their arthritis & rheumatism.”

We don’t want the springs lost to us (*Natives*). So... “certain shrines & certain springs, different things (*Sacred Sites*) in this country that are being protected by the Great Spirit, we’re taking back in certain areas. They can’t use anymore. For any purpose at all.”

"We are taking them back, in our own (*Indian*) way of doing things. We're taking them back for the Great Spirit. And someday, maybe we can share them; share these good things in the right kind of way. In the meantime though, there's many things that have to be protected from what we call the Great Destroyers."

"There was one time, trees on all these mountains, all these hills here; there were trees... Junipers. And along this stream right here, one time, there were big Cottonweed trees, and Willows, and Aspens. But then, the first White people (*settlers*) came to this country. They cut them all down for hundreds of miles around. Fed the big oar smelters, and made cross-ties for the railroads and firewood."

"The (*trees*) couldn't grow back, because they (*settlers*) also brought sheep, cattle and horses with them, and they overgrazed it. And so, they (*trees*) didn't grow back."

"However, our (Indian) people have planted two hundred little trees last year, and they also planted Willows; little Willows over there along this creek, just according to Nature."

"In other words, it's coming! We're bringing it back! Maybe, it's a small extent right now, but if we get more people interested, and Thunder People start coming into being, then we'll have a lot more help. And other people interested too! Then we can plant more trees back, and some day it'll return to the nature, anyway. And the Natural Order of things will be re-established. Be like a Garden of Eden! Like it was before, when it was kept in balance."

***"It (the message) would go around the world from this land, and bring about the peace & brotherhood that people need." -RT***

Now... "The masses have "not been looking inward, but now, a few people (*Thunder People*) are starting to do that. They are looking inward to this land. They are looking inward towards themselves. We have to look inward and see our own reflection, and then we can extend out wherever we're invited. We only go where we are welcome, and we are finding that we are

welcome in a great many places around the world. And everywhere we go, we find ourselves meeting with some of these original peoples. And they add power & emphasis to the messages of the Thunder."

An old Indian man told me that my "message would be carried in a great many ways. I was told many years ago, that it would be carried on the wind. The message would be carried in the smoke from medicine fires, ceremonial fires. The message would be carried in a great many ways; and that it was all right to use my name (*Rolling Thunder*), that it (*Thunder*) too would help carry the message. So, I received my instructions, and I knew it was alright to travel at this time and to meet other people (*Thunder*)."

"I don't mean either, that I'm the only one doing this. There are a great many people doing it, great many Indians too; that are traveling at this time and doing the same thing."

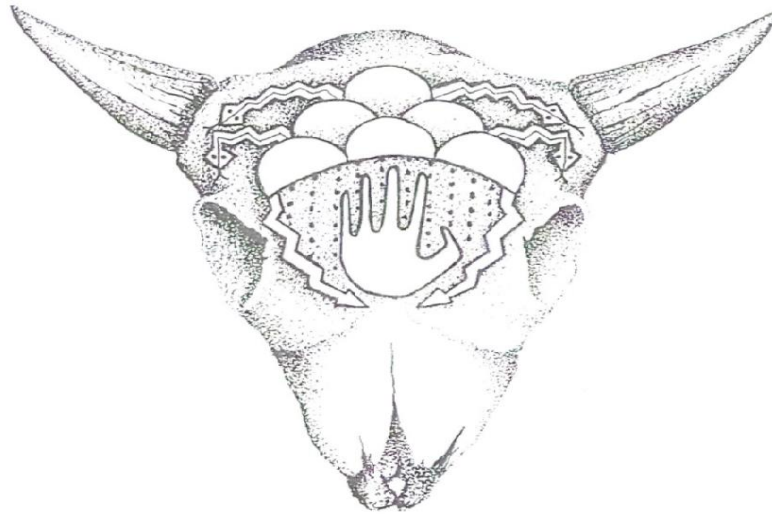
***"It wasn't too long ago, that you couldn't talk about Nature things. They'd say you was crazy." -RT***

However, at that time, American Indian spirituality was illegal and many Indians would not use their Indian names in public, or speak in public for that matter. Most people are not aware of that.

It was the 1978 "American Indian Religious Freedom Act" that made our Indian spirituality legal in the United States. Prior to the act, many aspects of Native American religions, such as sacred ceremonies, sacred rites and the possession & use of objects traditionally considered sacred by their respective indigenous cultures, had been prohibited by law.

You know... "It's good when we get together and study, and get back to the ancient ways of doing things, so that we can put our minds and our hearts together as one, it really helps towards cleaning it (*Earth*) up."

Come to think of it... Thunder carrying the message, could also mean "electricity" via the TV and radio, which both have been carrying *my (and others)* messages around the world.



*Fun fact: Out by the seacoast, near Anchorage, Alaska, RT spotted some professors and wise people. He asked them... "Why is it that you don't pull a stationary platform out there in the water to spin some gears, and have a generator? You could make all the electricity [Free-Energy] that you 'd want to. Real cheap hydroelectric!" One of the professors scratched his head and said that he didn't think the oil companies would like that very much.*

**YOUTH:** *Yes... Media is a powerful medium to send messages.*

*So, from what I hear that you are saying... We need to learn how to be respectful, in relation to Mother Earth. We need to be mindful about the thoughts that we are having; to ensure that we are sending out positive vibrations to everyone around us, and the plants & animals. Pollution is the result of our minds being polluted. A polluted mind creates a polluted planet, eventually resulting in a "purification" of some sort.*

***"I've known hundreds of medicine people, medicine men, and this (happiness) is one of the most important part of his job, to see that people are well fed & happy." -RT***

**ELDER:** Wow... you summed that up quite well. Are you an Indian in your past life? I'm just kidding. We Indians like to tease, like to laugh. It's the role of a medicine man to make people laugh, bring happiness and enjoy themselves. Laughter is medicine!

***"Pollution comes from the mind of man. It doesn't come from a machine." -RT***

Yes... if people understood these common teachings, which you just elaborated on, they wouldn't need to pollute." Did you know, "there were ancient highly technological civilizations that didn't pollute the environment? That is because they were clear thinkers. All the pollution in the world comes from the mind. The minds of modern people are all cluttered up with trash, filth and greed. There is only so much capacity in the human mind, so if it's all cluttered or even half, with greed, violence and war, then we don't have the mental capacity to create (*clearly*)."

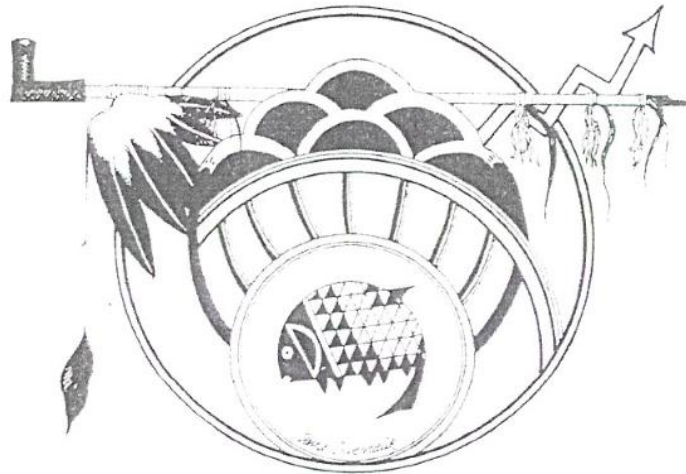
***"Ancient civilizations had greater technology than any known today. It's still known (hidden) in certain places, even yet today. It will be brought back too!" -RT***

The ancients "built great cities and the pyramids, and conveyances, without wheels. They didn't need wheels. They used their own power. They even knew how to reverse gravity, and make these things easy. It wasn't done with thousands of slaves."

Unfortunately, these ancient civilizations, like Atlantis, where my ancestral Cherokee people of Pleiadian-origin (*Star Nation*) came from, which resided in the West Indies, eventually all went down when the purity of their thoughts changed and materialism, greed and egotism crept in. Today, we have made great advancement in 'modern' Science, but they're using a lot of it in the wrong way; for destruction instead of benefit. This technology has been developed fast, but socially, the people behind the tech are socially low on the social order of life. They are backwards!

***"If the mind is all cluttered up with greed & violence, then it doesn't have the capacity to create." -RT***

The way of life at Meta Tantay (*commune*), the place where I live with other Native & "non-Native" people, is similar to the constructive ancient civilizations at their heights, or original way of the Cherokees, when the people were clear thinkers. If the Indian needed to build a house (*log*), a lot of people would get together and have a big dinner, and within one or two days, they would have the house up and ready to live in. People cooperated with each other."



**YOUTH:** *Where did the Cherokee originally live, inside the United States?*

**ELDER:** Originally, they lived back in North Carolina, and north Georgia, and Tennessee, Appalachian Mountains, and a place where they called Smoky Mountains.

**YOUTH:** *It's beautiful up there in those mountains. My family visited there once when I was real young.*

*Can you tell us more about the cooperative work that is happening at Meta Tantay; your commune (homestead), your ceremonial land and intentional community, which is out in the desert?*

**ELDER:** Absolutely... The meaning of Meta Tantay is "to walk in peace". Here we have Natives & "non-Natives" attempting to live together in the spirit of cooperation & harmony.

***"We don't allow liquor, no drugs and no violence. I put a man right out of my house (Meta Tantay) when he hadn't said a word, for having bad thoughts." -RT***

"Meta Tantay is already about half self-sufficient. We are into solar & wind power. We operate on donations from people who have heard of our work. These people at the community, and also the others out there in the world who are working to help make these good things possible, I call them Thunder People."

We're trying to duplicate the agricultural methods of our ancestors, who had large-scale gardens in this area (*Nevada*) where they grew corn and such. It's even said that the early tribes also raised wild spinach & lettuce in primitive greenhouses that had sheets of mica for walls. We've come to prefer the non-domesticated vegetables, since they're much more nutritious and full of vitamins than are the common varieties."

***"Healthy food is good medicine." -RT***

"They're also more adaptable to our area's short growing season, which gives us only about 45 to 50 frost-free days each year. Despite the harsh

conditions, though, we managed to produce cabbages last year that measured over two feet across, and huge turnips, each of which would fill a gallon bucket. We're careful to plant only non-hybrid varieties, ones that can be used to grow seed and that will thrive in our cold climate & high altitude. We're also raising some hardy Jerusalem artichokes, along with burdock, a delicious food, and comfrey. In addition, we've planted a small orchard, and we're looking forward to the time when we can grow our own hay."

***Plants take several generations to become acclimated to new environment. Each generation that we grow from our own seed will be stronger, and will make us stronger." -RT***

"We had very poor soil to begin with here, because this sandy, alkaline area is an old lake bottom. We had to drill 200 feet down for water through the layers of sand, mud and gravel that the lake had left. But we've built up the land with compost & manure, and it's now supporting crops pretty well."

"Grandmother Moon plays an important part in helping us grow desert-hardy vegetables for seed. We're careful to plant in the phases of the moon that are good for growth, and that also encourages sturdiness and deep, strong root systems. We're just starting to learn about the moon's effects on the soil & plants, but the knowledge is ancient, and has been used by the Native people here for centuries."

***"We (Meta Tantay) are creating things right out in the middle of the desert, where anybody else would starve. And we know we can make it rain. We can bring the rain! I mean... We know how we can live with the nature, and we're doing it." -RT***

At Meta Tantay... "We apply a spiritual principle in our farming practice. We are able to activate vital life forces in the soil, and in turn, the vegetable grown in the soil enter our bodies as live dynamic healthy energy."

Look over in that direction... "There used to be cottonwood & juniper forests all along the nearby hills, but these days we have to haul our wood from 200 miles away." As mentioned before... The first settlers that came in here "cut the trees down for firewood and railroad ties and then turned their sheep & cattle loose to graze on the new growth. With the help of our young men & women, though, we're planting seedlings around every irrigation ditch, and we hope that our reforestation efforts will eventually return this land to health."

"We raise rabbits & goats to provide us with our meat & dairy needs, too. In fact, we have one of the largest dairy-goat herds in this state, numbering about 50 head. The 262 acres also support our sheep, horses, cattle, chickens, ducks, geese, earthworms and honeybees."

We make sure that "we pray over our animals, even for the tame animals, when they are slaughtered, like the goat and the sheep. And it's good digestible meat. We make an offering and we pray over those animals before they are used; to show our appreciation & thankfulness, and the good way they are going to be used as food for our people. We also pray over the food when it's cooked, even the vegetables when they are harvested, to show our appreciation in this way, so that the food can be medicine, as well as food; easily digestible, and keeping our people healthy."

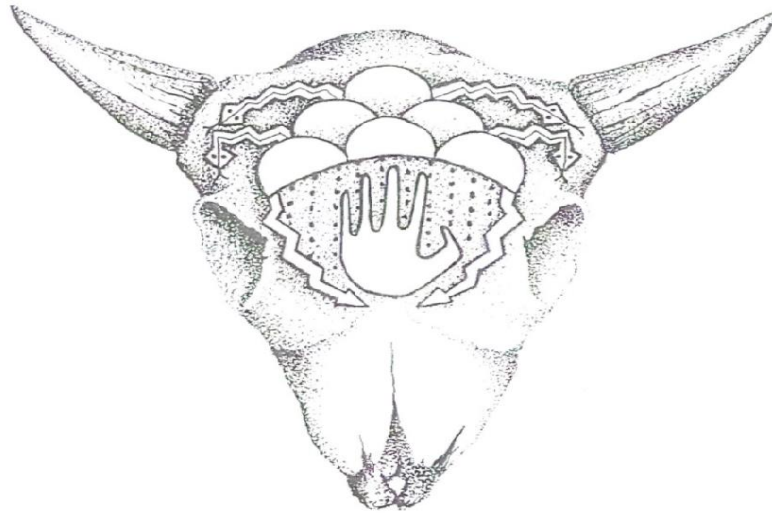
"Meta Tantay's day-to-day work isn't just agriculturally oriented, either. We have a well-equipped automotive shop, and we're now building a modern bathhouse, which will provide running water and hot tubs for our residents."

"In short, we want to develop skills similar to those that were once second nature to our people, as well as modern abilities that can help us survive."

**YOUTH:** *You, basically, have built a preppers' survivalist society.*

**ELDER:** Call it what you want. Just remember this... In the future, "there will be people coming here. But, by then, we'll know who has a good heart and who doesn't. That is our teachings! And we're only going to take the good ones. The others will be turned away. That's our prophecies from the Shoshones."

"We're going to know who you are. We'll get to know each other. Someday, we'll be as one people. But, we're going to have to work for it. It's not going to come easy. It may take up to seven generations to make the changes, to learn the law of this land."



*Fun fact: Sequoia, a Cherokee Indian and ancestor of RT, is credited for inventing writing, with 86 letters for the Cherokees. He was a member of the Scribe Society. He made no such claim! His system was revised so that it could be interpreted into English. According to Rolling Thunder, the Cherokees are descendents of Atlantis and have an ancient writing system that used 92 letters. It's written, along with its history that is thousands of years old, and hidden away until the proper time when it can be brought out in the right kind of way, where people can benefit from the ancient writings. RT claimed that he had copies of both writing systems.*

**YOUTH:** So... At Meta Tantay you are creating a tribe of Thunder People that will pave a path for humanity to follow?

**ELDER:** Correct! "It will be these Thunder People that will put things back in their proper order. I'm not talking about revolution, and I'm not talking either about prescribing any quicky cure, or any medicine at all. We are merely talking about the spiritual aspects of all life and reaching the highest point of being, and the reason why we are all here on this Mother Earth. And we all belong here in a certain way."

***"The spirit of brotherhood will be born among the Native peoples here, in this land (Turtle Island), and then spread all around the world." -Ancient Prophecy***

"I recognize that when we, Indians, have reached a high spiritual level, then there is no differences. The color of the skin don't even matter. I have present, in my medicine bag right here, from the Zulu's of Africa, powerful Zulu medicine. And when we meet there is no difference, whether a person is from the Far East or Africa, from Europe or Iceland... I've got Japanese friends. All kinds!"

***"If someone offers the hand of friendship, we're supposed to take it." -RT***

"Anyone can be a spiritual person (*Thunder Person*) regardless of their ethnic background, regardless of where they came from, once they get over their egos & greediness, or whatever hang-ups that might be bothering them. "

"I recognize that many people need to be guided, and that's all I refer to myself, actually, is a guide, or maybe a teacher."

"So, we all belong here, in a certain way, in a way where there will be none of these problems of wars, none of these problems of unemployment, and it would fit 'modern' society just as well, as it fitted with ancient civilizations."

***I've been in the presence of the Storm God, one time. Way up there in the clouds. Old man; nobody knows how old. Centuries... maybe; millions of years. Long gray hair blowing in the wind... I was in the presence of the Storm God, one time, and he asked me... "What brings you my brother? One and the same!" -RT***

"Thunder People" means the "truth". It was "known in the old days, about the Thunder God, that the meaning of the thunder, it meant truth; here and over in Scandinavia (*Thor*) and Greece (*Zeus*), and over across the great waters where I've been. And I spent time with those scholars over there; it (*thunder*) meant truth."

***"It (thunder) is the music of the gods; song of the gods. A song to the gods! That's the meaning that is has. Also, to walk with the truth! That's the meaning of the rolling thunder." -RT***

"It (*thunder*) has two meanings... Truth is what we are looking for, and we are looking for Thunder People (*truth*) now."

***"Rolling Thunder means Song to the Gods or Walking with the Truth." -RT***

**YOUTH:** *What sort of future do you foresee, for the Thunder People, your community, your tribe, and the world's people as a whole?*

**ELDER:** "A lot of my hopes are based on a very fundamental symbol in traditional Indian belief; the Circle! This figure, with its ultimate simplicity, was revered in many aboriginal religions." This includes your lost ancient teachings, like the Druids and the builders of Stonehenge, which existed in Europe.

The circle "has long been used as a symbol of the continuity of the Indian nation. Most 'primitive' peoples have dances that follow circles, and many of our important ceremonies & rituals are held in a circle formation. In fact, the circle is found everywhere in the natural world."

"The very atoms in our bodies are composed of concentric circles orbiting a spherical nucleus. The earth itself is round. And we're told that if you beamed a light out into space for billions of miles, it would eventually arc back to its starting point to make a huge circle."

"The continuity of that giant ring of life teaches us that the spirit of cooperation can start with us and loop around to include all living beings."

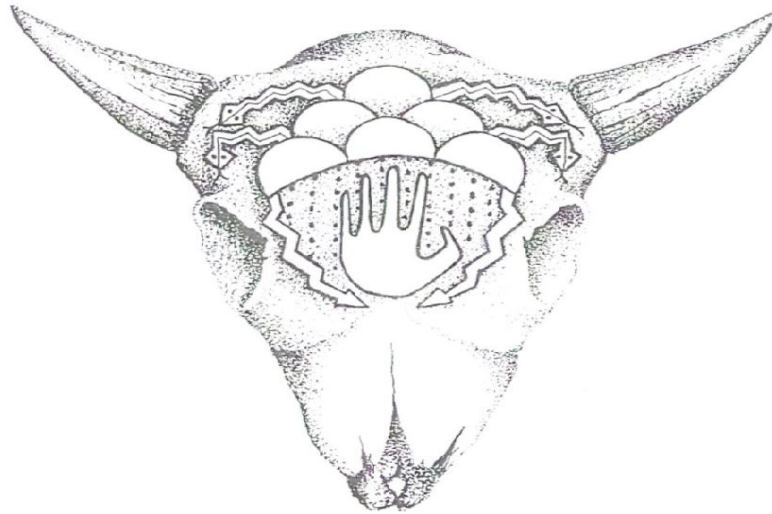
Another way to look at the "circle" is from the holistic standpoint of wholeness. "We, as human beings, are "no different from the ants; we're no better. We're all part of the whole. And everything, a grain of sand, dirt, the birds and the animals, they are all part of us. "

Do you want to know the God I know? "He's in the 4-leggeds and the 2-leggeds, in the birds in the air, in the coyotes over there. He's in the eagles. He is in the flowing river. He's in the winds that bring the rains. He's in the sun that never fails to rise. He's in Grandfather Moon, which controls the cycles of women and the tides of the ocean. He's in the stars of the sky. And he's in every person and all things, even the rocks in the mountain; everything that has life. That's the God I know!"

***"Anything that affects one, affect all. It all travels in a circle! The only reason we are in this life is to learn to help each other." -RT***

I don't think it's correct to call our Native American way of life a "religion". The same goes for the indigenous Druids of ancient Europe, and others.

"Religion" is Latin for the word "Regio", which means to regiment the people. Indigenous people are free people. Politicians are the ones interested in "regimenting" people. We seek freedom, and wholeness!



*Fun fact: RT was not a big advocate of eastern "meditation" where you empty (bland) your mind; instead he promoted an alternative, as he would call it... "active" method. According to him, "The Indian way is not to empty the mind, but to put something into it. An Indian will put a tree or a bush... something... in the mind and mediate on it until he can see the beauty around, and in that object." Through this method, RT believed that the Great Spirit could be contacted. In addition, it was his belief that the highest form of meditation, one that he used when healing, is the power to visualize health & wellness, then manifest it in the real world. RT used this high meditation, for example, to imagine broken bones coming together and healing.*

**YOUTH:** Yes... we do! We need freedom, wholeness and unity.

**ELDER:** You see... We, as tribal people, from all races, are different, we are not the same, but we are also part of the whole. "Grandfather Judge is the Great Spirit, which is in all people, in all life everywhere." What we have to realize is that what happens to one, hurts us all, regardless of race or whatever." There is strength in unity. Some diversity is fine, so long as everyone, every tribe, every race, every people & culture can thrive as sovereign, independent and self-governing entities, as Nature intended.

"Let's be factual. All people are not the same. That's somebody else's (*world government*) propaganda. People are supposed to be the same. That's true! And supposed to be the same in the Spirit. But, it's not that way, and by somebody else's choice. Not ours! Some day it will be that way, but it is not that way at this time."

***"We're not all the same; we were put here like the flowers, in many different colors." -RT***

"Evil forces are working through some people. And there's good forces that are working through others (*Thunder People*). And I know there's a war on in the spirit world that's greater than any war that they can conjure up on earth at this time. And this war is between the good and the evil forces."

"Many Indians died before their time, or killed off, or murdered before their time... by the hundreds of thousands. Now they are coming back, and the prophecy was that some you might not recognize, or look different. In other words, reincarnated! We've met many, and we're the ones to know. And there are others... that have also died before their time."

***"One time, all people on this land talked the same language. It comes out in the drumming & singing (chanting)... It's still understood by some, and it's coming back real fast (American Indian Spirituality)." -RT***

Our (*Native*) belief in reincarnation is similar to the Eastern religions. "All ancient religions (*spiritual beliefs*) have basically a (*karmic*) balance of things. There are twelve lives, ordinarily, and we are supposed to go to a higher level each life... Unless we commit a crime, for instance, then we might have to start all over again. We might be reborn as a worm, or a coyote, and have to work our way back up. After we live a good life for twelve lifetimes, then we do not have to come back. And we (*Indians*) can cross over to the Happy Hunting Ground (*Heaven for Indians*), if we are qualified."

***The next life is an extension of the way you live in this life... You can go on a higher plane, you live different lives. We (*Indians*) know about that." -RT***

"I've only got three (*lives*) together at this time... That's why I can talk about things that are not in any books. They say I have a long memory. It goes way back!" Yep!

We, Indians don't believe in hell, although, many Indian agents, missionaries and politicians have told us to "go to hell". But, what if we went down there? "First thing, we're going to have to do is put on a rain dance. It's too hot! And cool it down a bit. I know he (*devil*) don't want us. So we don't have to worry about that." Ha! We're not going to die and go to hell.

Funny side note... I once was asked to speak to the elderly in California. They were concerned about the meaning of death. I told them not to worry about the meaning of death, when most of them have never "lived" (*Lol*). "I've seen many people, they're in the great cities, who have never been alive, fully alive." That's the reason why I like to speak about the spiritual aspects of life. Speak now before it's too late!

Anyways, back on topic, in regards to diversity... "In one of our teachings, we are taught respect for differences."

According to prophecy, once the balance on Earth is restored, "there will be a day when Indians & Whites can live together" in peace, and with a common understanding that is in harmony with Nature. "We'll be equal,

truly, and get over this other crap. We'll come to understand each other... not by the paper, not by the mouth, but in the heart & mind."

***"White people & Native American people working together, is the key to making the world livable again." -RT***

We, traditional Native Americans (*elders*), look to the spiritual transformation of White (*Western*) society to ward off the impending Day of Purification.

"We, Indians, have to work in our own way, and you people (*non-Natives*), whatever it is that you know to do, must do it your own way. We will not tell you what to do, because we, ourselves, do not like to be told what to do."

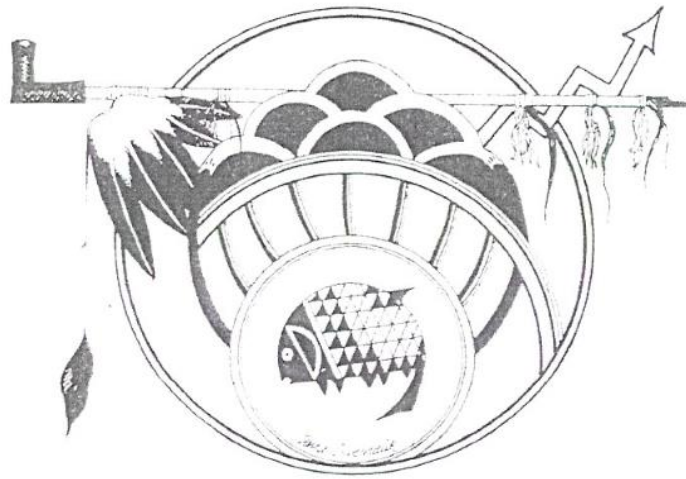
***"Two stars changed position (1963) in the sky. Many of us were watching it. When those two stars changed position, the prophecies told us, we (Indians) no longer have to be intimidated. We could stand up and meet the other people, and we were to travel all over the world and find out brothers." -RT***

That reminds me... "About 15 or 20 years ago (1963), I was at a meeting (*American Indian Unity Movement*) of medicine men in Oklahoma; the first such gathering our people have had in over 100 years, with representatives of tribes from all over the continent, the West Indies, and even Samoa, when an ancient board (*wooden tablet*) with Indian writing on it was brought out. It said... The spirit of brotherhood (*peace*) will be born among the Native peoples here, in this land (*Turtle Island*), and then spread all around the world.

"That's one thing that I try to convince people of wherever I travel... we all need each other!" Indians need White people and other "non-Natives", and Whites & "non-Natives" need Indians. "After all, it comes down to the fact

that we share the same mother, the Earth (*Earth Mother*), and that she'll provide for us if we all treat her with respect & love."

***"Walk softly upon the... Earth!" -RT***



**YOUTH:** Any closing remarks you'd like to make, directed towards today's youth culture?

**ELDER:** Yes... I do. Wado! (*Cherokee thanks*) I'd like to say that I enjoy teaching and sharing traditional knowledge with the youth. I like to travel and meet the people where they are at.

***"You are living a spiritual life when you feel good, and free the mind, and there is no fear." -RT***

I think "I'm doing a medicine thing", wherever I go, wherever I see people were I shock the heck out of them "with the lightning and the thunder, and see them starting to wake up and start thinking in good ways; to see their eyes sparkle and start thinking about the good things in life. That is healing! It's what the world needs, and it's what each individual needs, right today."

The youth should know this... "If what we do in this life doesn't help our neighbors, or other people (*and plants & animals*), then it's empty. We're not put here for our own little benefit. We're put here for the benefit of the whole; and Mother Earth too."

"It's a different world we (*Indians*) are coming from. What you (*youth*) are taught is propaganda (*lies*)."

Turn off your TV sets and your personal laptops, cell phones, etc.

Listen to Nature! Listen to the Truth! Just listen to the Thunder!

And another thing I would like to close with... "Without spirituality there can be no culture."

"I think it is good that a person knows their roots. I've seen people go back to Europe, especially Russia, now that they can travel back and forth, and find their roots. I've known of African people who went back to Africa and found their roots. And you feel better once you know that." Know your roots & culture!

***"The songs of the land, the original language of the land, are coming back because the land's spirit has returned."***  
**-RT**

The spirit is coming back with the American Indian people. It will be a good day when others (*youth*), who are not of American Indian decent, too, realize their own spirituality. Ho!

***"We are the ones we've been waiting for." -Hopi Prophecy***

## Addendum A: Rolling Thunder (1916-1997)



***"Like other spiritual teachers, Rolling Thunder has made a choice from among several paths; The Path of Knowledge, The Path of Devotion and the Path of Action. RT chose the Path of Action (Spiritual Activism)." -Doug Boyd (Cross-Cultural Studies Program)***

Rolling Thunder has been attributed with knowledge that includes the incredible power to cure disease & heal wounds, to locate and use medicinal herbs, to ripen fruit, to transport objects through the air, to materialize his forgotten (*left behind*) tobacco pipe into his hands, to control nature, to make it rain & thunder upon command, to communicate telepathically with other medicine men around the world, etc.

Rolling Thunder's amazing medicine abilities were first recognized when he was young. RT learned medicine, early on, from his grandfather who was a traditional Cherokee chief, the last great herbalist of the Eastern Band of Cherokees, who lived on the Qualla Cherokee Reservation of North Carolina. His name was Aminitus (*Amanita*) Sequoia (*Sequoya*).

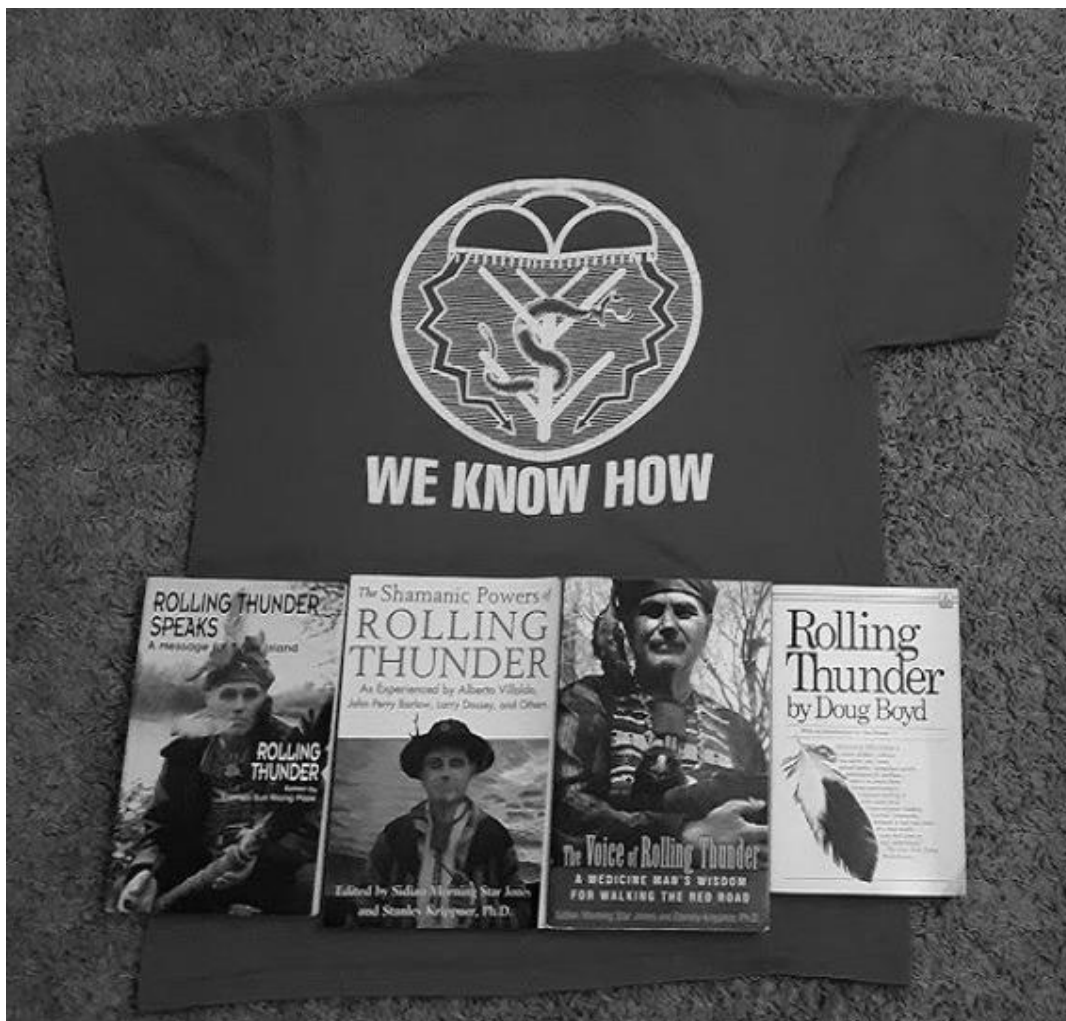
Much later in life, while living in Nevada, Rolling Thunder learned more medicine from two renowned teachers in the area, Silver Wolf & Phillip Grey Horse. In addition, he received additional teachings from other respected elders around the country, like Frank Fools Crow (*Oglala Lakota*), David Monongye (*Hopi*) and Mad Bear Anderson (*Tuscarora*).



Once Rolling Thunder married Spotted Fawn (*Shoshone*), his 2nd wife, RT began to learn the medicine ways of the Shoshone as well, which included his adoption into the tribe.

Around 1966, Rolling Thunder, Semu Huaute (*Chumash*), Craig Carpenter (*Mohawk*) and occasionally, David Monongye, Thomas Banyacya and Mad Bear, in recognition of the Whirling Rainbow Prophecy (*predicting inter-tribal unity*) reached out to the hippie counterculture emerging in San Francisco & Los Angeles. This also attracted the support of the Grateful Dead, Bob Dylan, Joan Baez and other cultural icons of the late-1960s.

It was Doug Boyd's ground-breaking 1974 book, written from the outside looking in, which first documented RT's international journey following the path of indigenous medicine. Several books have been additionally written about RT; *Rolling Thunder Speaks: A Message for Turtle Island* (1998), *The Voice of Rolling Thunder: A Medicine Man's Wisdom for Walking the Red Road* (2012), *The Shamanic Powers of Rolling Thunder: As Experienced by Alberto Villoldo, John Perry Barlow, Larry Dossey, and Others* (2016).



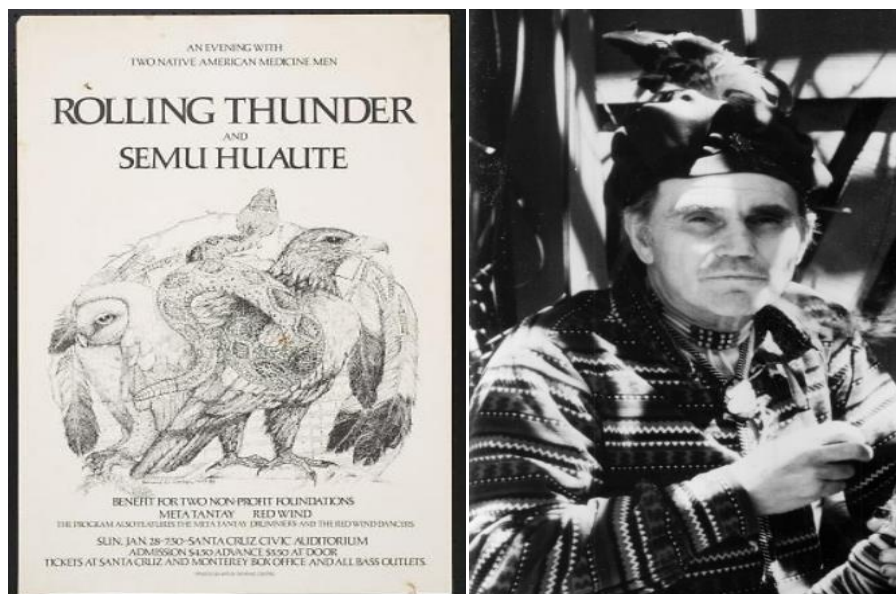
***"Rolling Thunder would often say to me when I was young, 'In your generation, you're going to see the history of Native America completely re-written.' We already have, and there is much more to come." -Blueotter (Cherokee)***

Rolling Thunder had views on the need for wise stewardship of the earth that were remarkably congruent with those of western ecologists & conservationists. He was also a spiritual activist!

Throughout his adult life, Rolling Thunder had devoted his energies to various Indian causes, such as opposing the Bureau of Land Management's systematic destruction of pinyon trees on Shoshone Indian land and speaking out in defense of political prisoner/activist, Leonard Peltier, from the American Indian Movement.

***"R.T. is my medicine man!" -Leonard Peltier (A.I.M.)***

Rolling Thunder was also active in inter-tribal unity efforts, along with his mentor & ally, Mad Bear Anderson (*Tuscarora*), who is considered to be the founder of the American Indian Unity Movement.



## Addendum B: RT's 7-point Peace Plan with American Indians

- 1. POLITICAL PRISONERS:** Free all political prisoners, fighting for indigenous rights, starting with Leonard Peltier (*American Indian Movement*).
- 2. SOVEREIGNTY:** Recognize the sovereignty of Indian nations.
- 3. LAND:** Stop the stealing of all the lands belonging to American Indians; tribal & individual.
- 4. RELIGION:** Respect for Indian religion (*spirituality*); as we respect yours. Stop the stealing of Indian children away from their parents by religions organizations, government and state welfare agencies.
- 5. ATOMIC DUMPS:** Stop trying to use Indian reservations as atomic waste dumps.
- 6. TREATIES:** Keep the treaties made with American Indians.
- 7. WARFARE:** Stop all the genocidal warfare on Native indigenous peoples.

**Our (*American Indian*) Pledge:** We will continue to keep the peace and the treaties, as we always have, so that we can be an example to this nation and the peoples of the world who need to be shown the way to peace & brotherhood.



## **Addendum C: Native, Natural, Spiritual People living here (*Poem*)**



There are Native, Natural, Spiritual People,  
living here, and all upon Mother Earth.  
But what is happening to these People, today?

Awakening, with the Father Sun each new day.  
Finding our places in the Sacred Circle of Life.  
Giving thanks, for all that is, in our hearts.

There are Native, Natural, Spiritual People, living here,  
and all upon Mother Earth.  
But what is happening to these People, today?

From many moons of Darkness, come the Strengths,  
with Prayer, the Drum, Songs and Ceremonies.  
And the Wise Ones to help guide us.

Living on the Land in Peace & Balance, with all Life.  
Having Compassion, Respect and Understanding.  
True to the Traditions & Customs, for the Generations to come.

Could be the answers to many of Life's problems.

There are Native, Natural, Spiritual People,  
living here, and all upon Mother Earth.  
But what is happening to these People, today?

-RT

## Addendum D: A Medicine Man at work (*Poem*)

*Note: Jim Swan Ph.D. witnessed this RT healing in 1985 at the 2<sup>nd</sup> Annual International Conference on the study of Shamanism, held at the Santa Sabina Center in California. Jim later published his eye witness account; entitled "Rolling Thunder at Work: A Shamanic Healing of Multiple Sclerosis". RT's healing event was also recorded and released via an audio cassette; "A Case History of a Shamanic Healing Performed by Rolling Thunder". The author of this following poem, describing RT's shamanic healing protocol, is unknown at this time.*

In the forest clearing, on that summer's day,  
the Indians gathered to rejoice & pray.  
Skies of blue with a wisp of breeze,  
the tribe as one beneath the trees.  
The drums pulsated in a gentle throb,  
a bid for attention from our God.

A woman with a cane entered the scene.  
Her thoughts were noble, her body clean,  
wrapped in a blanket with a headdress on.  
Blessing the Earth Mother she laid upon.  
Throughout the woods swept the drumming song,  
the tempo, like a heartbeat, pulsing on.

A medicine man of the Cherokee  
stepped from the cover of his tepee.  
With remedies strong to aid & heal,  
his brotherly spirits joined the medicine wheel.  
Smoke from the bonfire purified all.  
The rhythm of the drum beat a building call.

Face covered in symbols, he offered a prayer  
to the Sacred Forces of the everywhere.  
With a wave of an eagle feather and a buffalo whist,  
he cleared her aura with a sweep of the wrist.  
The cadence of the drums growing in the night,  
asking for power in the healing rite.

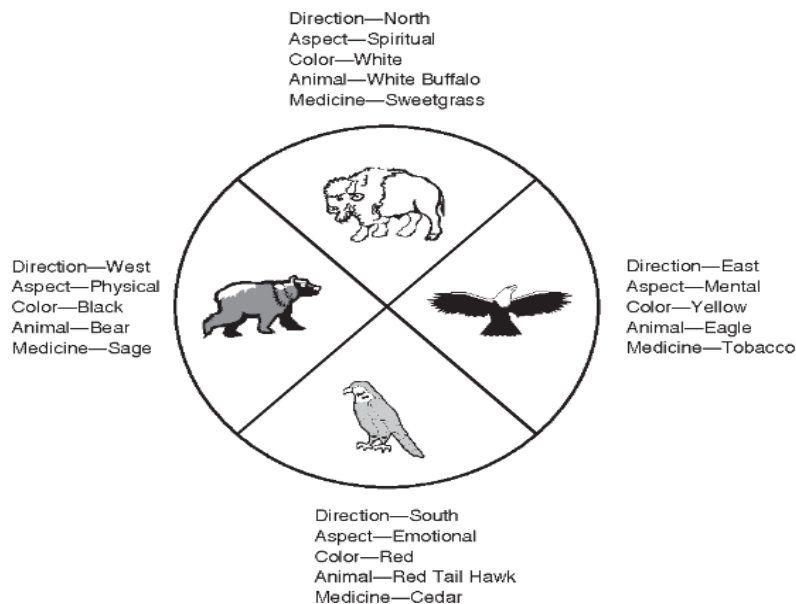
Transforming into a Badger, and behaving as one.  
Growling, sucking, prowling, a phenomenon.  
A blue light of energy flowed from him.  
Chants from the people a sacred hymn.  
The pounding drumbeat vibrating the soul.  
Warriors together with a common goal.

Over the Shaman's head, a wood wasp flew.  
 It circled three times and then withdrew.  
 An omen of good, when it appears.  
 Continues the ceremony of ancient years.  
 The swing of the beaters and the rhythm goes on.  
 Ebbing & flowing, moving along.

The Shaman spit foulness till there wasn't any more.  
 The woman was helped off the earthen floor.  
 Her walk was perfect and seemingly with ease.  
 Rolling Thunder said "Ho" and made ready to leave.  
 The drums beat in a force of thanksgiving  
 the Great Spirit had generously given.

The crowd cheered and some of them cried.  
 The woman's smile had grown wide.  
 Finished was the ritual on that summer's day.  
 Joyous were the hearts as they moved away.  
 A lark flew over and gave a trill.  
 The drums were quiet, the forest still.

-Author unknown



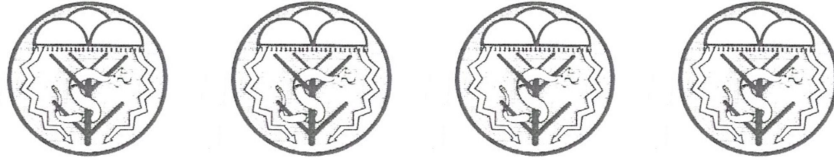
## **Addendum E: Thunder People (Poem)**

*There are people in the community, and conscious youth, who are working to help make good things possible in this world. Rolling Thunder called these people the "Thunder People". They are concerned about the environment and are willing to do something about it. These people have learned how to put their hearts and their minds together as one. RT would never publically address anyone as "Thunder Person", he preferred to allow these people to look at themselves, first thing in the morning, or look at each other (Thunder Persons) and see their own reflection.*

### **THUNDER PEOPLE...We Know How!**





*Note: The above picture is a symbol for the Thunder People. The Tree of Life is a symbol that is meaningful to people all over the Earth. Within it (symbol) is the snake associated with healing, wisdom and weather. The Sacred Hoop or Circle is the ancient spiritual path of the world's people. Life-giving rain clouds, and the spiritual energy of lightning, complete this picture (symbol) of life & environment. The universal meaning of Thunder in the world's mythologies is "Truth". Thunder is pictured here as well.*



I see a Thunder People rising,  
like those long ago.

Great cities are appearing,

 I see that it is so. 

Cities clean, air is pure.

Clean water's drink is mine.

I see the farthest mountain's view.

No violence and no crime.

But, first the cleansing storm must come.

Mother Earth will have her way.

First, we'll start with some volcanoes.

Sixteen more to blow.

Then, throw in a drought or two,

 and thirty feet of snow. 

Then, I see a Thunder People rising.

Many I have seen before.

The injustice and destruction,

No longer to ignore.

I want to see a hundred miles,

whichever way I look.

Starting with a million people,

 who knew just what it took. 

-RT (1981)

## Addendum F: Letter to the Editor *(Cherokee Advocate)*

Dear Editor,

I, John "Rolling Thunder" Pope, am now 79 years old, and I want to certify in writing that I am of Cherokee descent.

In the past, I never cared to have a roll number of any kind. Many people said that I was not Indian, because I looked White.

I have traveled across the Great Waters and given many talks about Indian issues & religion in Europe, Canada and America.

These people, who say that I am not Indian, use this as a way to get people's minds off of the things I talk about.

I used to say that those people who said that I wasn't Indian weren't worth it, and I didn't have to prove anyone that I was Indian. But, now I see that they use this to weaken my voice as I speak out against injustices against Indians. Therefore, I state publically the following facts...

I was born in Stamps, Arkansas, on September 10, 1916. My father was Clem W. Pope. *[Indian name was Yank Killer]* His Dawes roll number was 4874. His Miller roll number was 20563. He was a full-blood Indian *[went to Indian school in Shiloko and Durant, Oklahoma]*.

His mother, my grandmother, was Kate Smith; she was full-blood Cherokee. She was on both the Dawes & Miller rolls.

His father, my grandfather, was Charles Bluejacket, a full-blood *[Shawnee Medicine Man]*. His Dawes number was 30190. He was murdered *[by agency police & soldiers who made his death look like it was an accident]* before the Miller roll was taken, and my grandmother married John *[Emsley]* Pope, a White man.

My father *[Clem]* took *[step-father]* John Pope's last name. My mother was Blanche Canter. She was White and 1/8<sup>th</sup> Caddo Indian *[also Cajun French]* *[born around Caddo Lake, Louisiana]*.

**So, even though I do not have a roll number, or a certificate of degree of Indian Blood, I know my degree of Indian Blood, and that is good enough for me.**

But, I would like to know more about who my relations are. Some of my relations lived in Tulsa and Bluejacket, Oklahoma. Their names were Smith and Bluejacket. Anyone having any information can call or write to me. Wa-do!

-John "Rolling Thunder" Pope

P.O.B. XXX  
Carlin, NV 89822  
1-800-754-XXXX

## Addendum G: A Vision from RT's Vision Quest

"I had seen armies fighting. And then, when the fighting was over, there were no more armies left, because there was no money left to pay the armies, and no bullets. There was only concrete left and broken rubble.

Then there were gangs formed, together, and survivors came out of basements, fighting each other. They didn't know what to do. Store shelves were empty. No food! They didn't know how to grow food. Only take!

There were no cars, no transportation. No gas to be had. People everywhere were jobless & hungry, desperate & cold.

Then, there was a different kind of army that came into being. This army was led by American Indian officers; and in perfect formation, and well fed. The strange thing about this army, they were all on horseback, and had no guns. They were bringing food & medicine to the starving people.

And we (*Indians*) took many of the babies. We seemed to know that if they were raised in the Indian way, that they would grow up all right... Warriors for Peace!

And many of the old ones were left to die.

So... that's what we hope to live to see (*Warriors for Peace*).

Some of this has already started to come into being. But, we need more people (*Thunder People*) trained in how to grow things, and produce nature's things, and replant the pinyon trees. And, we need to train more people on how to grow food crops in the alkaline & salt of the desert.

So we can help those who come among us."



-Rolling Thunder

## Addendum H: The Tree of Life (*narrative*)

It seems that all ancient people, including the American Indians, had a Tree of Life. And this Tree had the roots in the Mother Earth. Drawn into a picture, it showed the branches of the tree like a "Y", and sometimes double-branches, but standing straight up.

**It's prophesized that there is room for all people under this Tree of Life, and that this Tree was good for food & medicine.**

For the people of Northern Europe and the Vikings, it was the Oak Tree, of which they also built ships. For the Iroquois, it was the Maple Tree, from which they made sugar & syrup. For some of the Indians in the West, it was the Pinyon Nut Tree, from which they got tiny nuts that were 60-80% protein.

With the coming of the hippie movement in the 50's (*beat poets*) & 60's, the Tree of Life was standing upside down, representing the confusion of these modern age people.

It is said, that when the Trees cannot grow, that man also could not live on the Earth. Many Trees die, nowadays, due to industrial pollution in the air & water.

Let us work together to replant the trees that have been destroyed. And let us put our knowledge together to clean up the water and the air. So that the Trees too, and the Tree of Life, can grow again in all countries where they have been destroyed.



## Addendum I: Polluted Water (*song*)

What happened to my dreams?

**POLLUTED WATER** so it seems.

Polluted water so it seems.

My dreams are gone.

What did we do wrong?

I remember drinking from a mountain stream.

What is the reason for this song?

We forgot to ask the Indians how to care for this land.

We drove him (*Indian*) out into the desert sand.

And to the Little Big Horn where Custer made his last stand.

So we forgot how to ask the Indian how he took care of this land.

Now the Indian is gone, I do believe we did wrong.

And Polluted water is the reason for this song.

-RT



## **Addendum J: Open Letter to the Council of Elders (*Phillip Deere*)**

Phillip Deere & Council of Elders  
Yelm, Washington  
Meeting of August 24, 1983

Greetings,

Through this letter, I would like to speak of some concerns that I have become aware of. I have heard you would like to meet with me. I too, would like that. Since I was not formally invited to this meeting, I do not feel it is my place to attend. I am sending this letter to you to make known my concerns & feelings.

Many traditional Elders today are distressed by the hundreds of non-Native people taking Indian names and objects of our Native people. Sacred Pipes, Sweat Lodge Ceremonies, Crystals, Eagle Feathers, Peyote and other sacred objects are being sold and given out by, and too, non-qualified people at many gatherings.

I, myself, have been falsely accused of some of these wrongful acts. I feel there has been a lot of mis-information passed around. Some of this mis-information comes from ignorance, but some also comes from those who would like to see our people grow weak by creating dissension among each other, and stirring up violence.

We must always defend our people and stop any violence that falls upon them, and at the same time, reject advocating violence as a path. Those who practice these wrongful ways... we must turn these matters over to the Great Spirit.

I cannot speak for anyone but myself. I make no claims about myself. Some call me a medicine person; perhaps to them I am. I remember not so long ago, there were no non-Natives who would even listen to any of our people. Now some non-Natives are listening and trying to change their beliefs and ways of thinking.

I have never joined any non-Native groups, nor do I feel, should any other Natives. It is time they listen to us, if they want; following our rules and our ways of respect.

Meta Tantay is a camp in Carlin, Nevada, of which I am the spiritual leader. It is a strict traditional spiritual camp and by all definitions, an Indian camp. Indian people, of varied Native nations & tribes, are the leaders of the people. The camp welcomes all races & nationalities, if they are sincere in their desire to learn the correct ways of respect & harmony.

I make it clear to all Whites who come, they, by being at the camp, are not Natives, but we (*Indians*), as a people, are willing to share certain aspects of the Native Ways. I believe no one has a monopoly of the Great Spirit's way of life.

It is strictly enforced, at the camp, that all ceremonies are led only by Indian people. I make it clear to all ceremony participants, that they cannot take our ceremonies, songs or ways and pass them on to others. No non-Native people are, or ever have been, given Indian names, Feathers, Pipes, or any sacred objects.

No non-Natives are in training to be ceremony leaders. No non-Natives may sit at our drum. I believe that as long as any Native people are being jailed, killed, sterilized or harassed, in any way for trying to follow their traditional ways of life, then no non-Native person will be allowed to have, or wear, our sacred objects, or be leaders of any of our ceremonies.

It is sad that mis-information is told about, and written about, me. I did not fully agree to, or was allowed to correct, mis-information before it was printed.

I agree that the selling, or giving away, of our sacred medicine, the selling of our ceremonies, the selling of our sacred objects, has got to stop. I also feel that we must now work toward stopping the digging in our graves, the stealing of our land, the stealing of our babies, the sterilizing of our women, and the jailing & killing of our people in this land.

To put our energy into judging others, calling for disruption or violence, does nothing to help our people. Our way has always been to follow our traditional way of life, follow the teachings of the Great Spirit, and to defend our people, but not to set ourselves up to judge others.

Only the Great Spirit has the final say. Those who are doing wrong, it will come back to them seven times stronger.

I speak out in public to those who will listen, but I usually tell the things they would rather not hear. I do not speak for personal gain. I live off my railroad pension. Our camp, Meta Tantay, is run traditionally.

No one is allowed to have any disrespect, negative thinking, alcohol or drugs. No one is allowed to dilute, incorporate or change any of our traditional ways or ceremonies. Non-Native people do not leave our camp and travel to other areas seeking medicine, performing ceremonies or doing any type of Native doctoring. Any non-Indians, who does these things and claims to be a representative of myself or Meta Tantay is mis-representing themselves.

I would support the expressing of concerns for those who are disrespectful of our ways and our ceremonies, but I cannot be a part of encouraging violence on these people. The Great Spirit will take care of all who make false claims, or sell & disrespect our ways.

I, myself, have never been a party to the selling of feathers, pipes, medicine bags or other sacred objects, nor have I given any to non-Natives. I have spoken out many times to non-Natives, that if they have feathers, they should give them to a Native person, as they have no right to possess these, and non-Natives are not ready to understand the power within at this time (1983).

I would be willing to meet with you or the Council of Elders, sometime in the future, if given sufficient notice in advance.

If you wish to make copies of this letter to inform others of my feelings on these matters, I approve.

Thank You,

-Rolling Thunder

## **Addendum K: Teachings of the White Buffalo Calf (*World Times newspaper, 1994*)**

***Note: On August 20, 1994, a white buffalo calf called "Miracle" was born on a farm in Janesville, Wisconsin. She is believed to be the first white buffalo calf born since 1933. It is important to note that Miracle was a very rare white buffalo and not to be mistaken with an albino buffalo. To the American Indians, the birth of Miracle was the fulfillment of their legends, as if the Great Spirit wished to bring hope and peace to all nations and people.***



The White Buffalo has been in our prophecies of all different tribes, particularly the Shoshone here. It was predicted many years ago, that in the last days, we call it the "Days of Purification", the White Buffalo would appear. We're into this stage right now. We're going in fast, and very few of us are ready for it, to survive, because it's going to be rougher before it gets better.

But, at this time, the White Buffalo is to appear to different tribes. I've heard about the one in Wisconsin. But, then I've heard recently of another one, I think it's in Nebraska. And then there will be more, in each tribal territory. Now, we're "together" a people! And I didn't say that they'd all be Red people. The prophecy didn't say that. Nobody owns the Great Spirit, which I think they'll be finding out too.

The White Buffalo is a signal to us that we're supposed to gather our people and withdraw as far as we can into the mountains, and try to stay away from the White man's violence, and uninvolved in their affairs. But, if people are doing something wrong, it's "spiritual", whether it's political or not, and if they're violating the Great Spirit's laws, then it "becomes" my business.

If you look at the stars, like you can see them up here (*Nevada desert*)... no smog, high altitude... on a clear night, you can see all those stars by the millions. And it's written in those stars about the people who came here. There's the Milky Way, and right alongside it is a short run, that represents the people who came to this Turtle Island yesterday (*settlers*), in our way of figuring time. You see a short trail, a short period of time that they'd be here. The Milky Way is the big long one that goes on forever. Some of the White and other peoples are coming and joining us now. They're welcome to join us, if they do it in a good way.

The prophecies are that if the White people don't keep the treaties, then we'll take it all back. But, what are we going to do with it? We'd need all the help we could get for the next couple of hundred years to clean it up and replant the pinyon nut trees that they've knocked down, and clean up the streams that used to run pure, and restore the natural world in this country. But, the Great Spirit is the one who has all the power, not me. I'm just kind of an interpreter.

-Rolling Thunder

## **Addendum L: Give Thanks! (*Indian teaching*)**

We (*Indians*) greet the sun in the morning, because we realize, just like all ancient people, all over the Earth, that without the sun, there could be no life upon the Earth. And so, that's the respect we have.

And so, it (*respect*) is in our prayers, too. We remember the sun and we also remember our grandmother, the moon, the one that controls our bodies and the tides in the oceans... controls the women and also controls our thinking. And so, we don't forget our grandmother, the moon.

And also, we give thanks to the stars in the sky that guide our way, and some of them are great warriors gone on. So it is too, that we remember those, and we give thanks for the Mother Earth, and also we give thanks for all the bird life and the animal life, and plant life, that was placed here, and those that provide food for us, and for each other.

Give thanks for the women, the babies, and for our young warriors. We ask always for the return (*balance*) of the Earth.

We, Indians, realize that we have no monopoly on anything, and neither do anyone else. That no one has any monopoly on the Great Spirit's way of life.

-RT



## Addendum M: Grandmother Moon & Women

*Note: Mature topic! Please read respectfully!*

The power of the Grandmother Moon is great. She controls the tides in the oceans. And since our bodies are 70-90% water, she also controls our thinking. And she watches over the women.

A happy woman is wonderful to have around. They have lots of power for healing. An unhappy woman is not good to have around. And a woman on her moon cycle is unusually unhappy & negative at that time.

So, that is why all ancient people have had a lodge, or a little cabin, where the women could go and even do their own cooking at that sacred time, and have their piece of mind. No men were permitted to enter these quarters, or to bother the women at this particular time. And they were treated as queens, except they remained in seclusion, and got a lot of rest. And so, that's the way it was among the Shoshone.

In their eating, they were allowed only to eat potato soup, among the Shoshone. And this is why the Shoshone women had a reputation for being very fair in complexion.

Not all of the New Age Indians (*not following traditional protocol*) follow these customs nowadays. And there have been many men who came to me with very bad backaches, and have complained that they've sat in a chair where a moon-woman (*having a period*) sat before. White men too, suffer the same negative results, regardless of their unnatural (*non-Nature based*) beliefs.

A woman's normal period between cycles should be about 28 days, the same as the moon. And after she has gone through the isolation period in the moon lodge, then she waits 24 hours after spotting, in order to make sure she is done. Then she is allowed to come out... bathe, put on clean clothes, and then join the activities of the other people.

During the (*menstruation*) moon-time, the woman should not take part in any ceremonies with the other people. If they do, then there would be great confusion, and people might start arguing & fighting among each other.

-Rolling Thunder

## **Addendum N: Questions for Discussion** **(*"Just Listen to the Thunder" workshop*)**

- What are "prophecies"? Can their outcomes be altered? What's our role in relationship to these prophecies?
  
- The "Day of Purification" prophecy would be a way for Mother Earth to purify herself from all of the toxicity that "modern" man has created. What can we do, at the present time, to alleviate some of her burden and smooth out some of the rough patches?
  
- Why are Native indigenous ceremonies important for keeping balance & harmony upon the land?
  
- What does the "respect" mean in terms of living alongside Mother Earth and all of her relations (*trees, animals, people, rocks, plants, etc.*)? How does one show respect?
  
- What is an "offering"? How are offerings utilized, out in nature?
  
- What is the proper way to gather herbs in a sacred way? Why should we concern ourselves with protocols for gathering herbs?
  
- Why should we pray over our food or water?
  
- What is the importance, for Native Americans, of the 1978 "American Indian Religious Freedom Act"?

- Why are Native American traditional elders making efforts to share their ancient prophecies & spirituality with other people, who are not American Indian, at this particular time? What can we do to further their messages and assist their efforts?
- What differentiates Indian "medicine" from "modern" medicine? What is a medicine man? How does one become one?
- Why are certain sicknesses or pain meant to be endured? What is the relationship between disease and our thoughts & past actions?
- Why is it that medicine men do not charge a fee for their healing services?
- Who are the "Thunder People"? How can one become a part of their family?
- What creates pollution in the "modern" world? How can clean technology be created, which will not be harmful to the planet?
- Why would someone reincarnate? What is the spiritual purpose of reincarnation?
- At one point, all of us from the 4 directions, all over the world were Native people with indigenous customs & pathways that were akin to American Indian spiritual practices. What are the spiritual commonalities that humankind shares with each other?